



Just being smart...

- The manufacturer's instructions provide detailed information about the use and care of helmets.
- Bike helmets protect riders of all ages and they are required by law for all Albertans under the age of 18. The law applies to both riders and passengers, including children in bicycle trailers.
- Positive role modeling helps to ensure that children will wear their helmets so adults should always wear theirs too.
- Adults, youth and children who choose their own bike helmet are more likely to wear it every time.
- Second-hand helmets are not recommended.



For more information contact:
In Calgary, Calgary Health Link at
(403) 943-LINK (5465)
In Edmonton, Capital Health Link at
(780) 408-LINK (5465)
Toll-free in Alberta
1-866-408-LINK (5465)
or visit
www.calgaryhealthregion.ca/bikesafety

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Take the bike helmet YES test

how to properly fit a bike helmet



Wearing a bike helmet every time you ride your bike can save your life and reduce the likelihood of a head injury by as much as 85%.



A properly fitted helmet provides the best protection for your head.

Inside is a checklist to help you buy and fit a bike helmet.



Buying a Helmet

Before buying my helmet:

- I measure around my head at eyebrow level to know what size of helmet to look for.
- I decide which type of helmet I need:
 - A bike helmet, since I will just use it for biking.
 - A multi-sport helmet approved for cycling, since I want a helmet I can use for biking and other activities, such as skateboarding or inline-skating.
- I try on different brands of helmets to find the best fit.
- I check that the helmet is safety approved for cycling.

Fitting a Helmet

- I make sure the helmet is level from front to back when I put it on.
- I check that the front edge of the helmet sits 1-2 finger widths above my eyebrows.
- I add or remove sizing pads or adjust the ring fit system to make the helmet fit snugly.



- I adjust the straps to form a "V" just below and in front of my earlobes.
- I do up the chinstrap.
- I adjust the chinstrap so that I can only fit the width of 1 finger between my chin and the chinstrap.
- I fit the helmet tighter if it moves when I nod or shake my head.

Using a Helmet

- I wear my bike helmet every time I ride a bike.
- I don't wear a hat or cap between my helmet and my head.
- I treat my helmet carefully by not dropping it and storing it in the house.

Replacing a Helmet

- I replace my helmet every five years.
- I replace my helmet if it has been in a crash.



Wear a helmet for every ride. Age makes no difference - HELMETS save lives!

BICYCLE SAFETY

WEAR the GEAR



- ★ Helmet
- ★ Bell
- ★ Light
- ★ Reflectors (lots!)
- ★ Good Footwear
- ★ Bright Clothing

Choosing a HELMET

- Use a **BICYCLE** helmet
- Keep **CHIN STRAP** fastened
- Make sure it **FITS**
- snug, level, stable



Wear It Right *Everytime!*

Get to know your 2-4-1 Bicycle Helmet Safety Salute!
Wearing a properly fitted helmet can save your life. Thinkfirst...be safe!



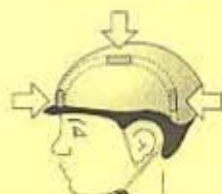
Check for the safety sticker inside. CSA, ASTM, CPSC or SNELL



No decorating helmets with paint or stickers



No cracks, dents or damage



Pads touch head at front, back, sides & top



NO Hats



No high pony-tails



2 fingers above the eyebrow



4 fingers to represent the V strap fitting tightly under each ear lobe



1 finger under chin strap

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Mandatory Bicycle Helmets: Questions and Answers

Q. When did the mandatory bike helmet law go into effect?

The new law came into effect as of May 1, 2002. For more information, please visit our website www.saferoads.com

Q. Who has to wear a helmet?

Anyone under the age of 18 years of age, whether a cyclist or a passenger, must wear an approved bicycle helmet regardless of where the bicyclist is cycling.

Q. Does a child in a trailer, pulled by a bike, require a helmet?

The law is for riders and passengers. A child in a trailer is considered a passenger and must wear an approved helmet.

Q. Is it illegal to sell a bicycle helmet that is not approved?

Yes. It is an offence to buy, sell or offer for sale a bicycle helmet that is not approved. The fine for this is \$115.

Q. When will the police start giving out tickets?

Police will assist in the education and awareness of this new law and it is anticipated there will be little enforcement in the first year.

Q. Who pays the fine?

Parents could be fined if a child under the age of 16 rides without an approved bike helmet. Young adults aged 16 and 17 who ride without an approved helmet could be fined. This is consistent with how seatbelt legislation is enforced.

Q. How much is the fine?

The fine is \$69.

Q. Can a person use a motorcycle, skateboarding or snowboarding helmet for bicycling?

No. An approved bicycle helmet must be worn as they are specifically designed for cycling. For a list of approved helmets visit our website at www.saferoads.com/safety/educators_ehelregs.html.

Each type of helmet is tested for the frequency & intensity of falls that happen when participating in the activity they are designed for. For example, bike helmets are tested & approved for one-time, high impact collisions. Hockey helmets are tested & approved high frequency but low impact collisions.

The shape of the helmet is also designed to protect the user from the most common types of falls that occur while participating in the specific activity. For example, bicyclists tend to fall forward or to the side and that is where the helmets are designed to protect. In-line skaters tend to fall backwards and that is why helmets approved for in-line off

go further down on the back of the head

Q. How many bicycle incidents occur in Alberta each year?

In a one-year period, 6,430 people visited an emergency department for a biking injury. This number represents all bicycle-related injuries in Alberta including falls and also includes 593 bicyclists involved in casualty collisions on the roadway.

Q. Where do most bicycle injuries occur?

Bicycle injuries happen on bike trails, paths and roadways. The majority of all injuries occur when a cyclist rides over a pothole or runs into a post, a pedestrian or another bike.

Q. Is the government doing an awareness campaign?

Alberta Transportation, together with their stakeholders, is conducting an education or awareness campaign to inform Albertans of the new law and to promote safe cycling.

This campaign includes brochures and posters that were sent to schools, health region stakeholders and bicycle helmet retailers.

Advertisements advising Albertans of the new law were placed in all Alberta newspapers.

Q. Does the law require that a helmet be worn when riding a tricycle?

The new helmet law is only in effect for bicycles. However, it is recommended that a helmet be worn for additional protection when riding a tricycle as it will establish good safety habits at an early age.

Update

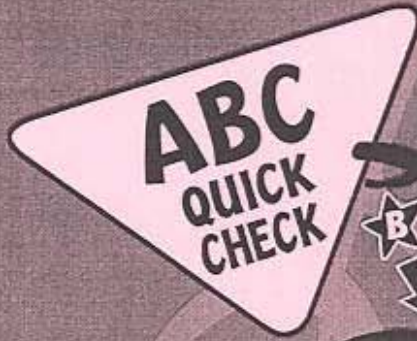


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BICYCLE SAFETY

LOOK FIRST



**ABC
QUICK
CHECK**



CHECK

your bike!

...EACH time you ride!

Air

tires firm
and secure

Brakes

check that
they work

Chain

well-lubed



RECOMMENDED HELMETS

Activity	Recommended Helmet	Certification	Type of Protection
Bicycling	Bicycle helmet	CSA, CPSC, Snell B-95, N-94 certified	<i>Single impact</i>
In-line Skating	Bicycle or in-line skating helmet	CSA, CPSC, ASTM F-1446/F-1447, or Snell N-94 certified	<i>Single/Multiple impact</i>
Skateboarding	Skateboarding helmet	ASTM F-1492, CPSC, Snell N-94 certified	<i>Single/Multiple impact</i>
Scootering	Bicycle helmet	CSA, CPSC, Snell B-95, N-94 certified	<i>Single impact</i>
Skiing (recreational)	Skiing helmet	Snell RS-98, S-98 or ASTM F-2040 certified	<i>Single impact</i>
Snowboarding (recreational)	Skiing or snowboarding helmet	Snell RS-98, S-98 or ASTM F-2040 certified	<i>Single impact</i>
Tobogganing (no specific tobogganing helmet available)	Ski, hockey or bicycle helmets are recommended. Any helmet is better than none.	CEN, Snell, CSA, CPSC, or ASTM certified	<i>Single/Multiple impact</i>
Ice Skating	Hockey helmet	CSA certified	<i>Multiple impact</i>
Hockey	Hockey helmet	CSA certified	<i>Multiple impact</i>

This information is from Health Canada, the Canadian Standards Association (CSA), helmet makers, Internet bicycle safety sites and sports stores. It is the best information available at this time.

Check with your local sports store for more information on helmets.

'HELMETS SAVE LIVES' but which helmet for which activity?



HOW CAN I TELL WHICH HELMET IS THE RIGHT ONE TO USE?

- ✎ Choosing the **right helmet** can be hard when children and teens are involved in more than one activity where a helmet is needed.
- ✎ Always ensure that the helmet you choose has been **certified**.
- ✎ You may see **CSA** (Canadian), **CPSC**, **Snell**, **ASTM** (American), and **CEN** (European) symbols. These show that the helmet meets certification standards.

Check with your local sports store for more information on helmets.

ARE ALL HELMETS CREATED EQUAL? **No.**

- ✎ Some helmets will only protect the head for **one impact** and should be replaced once they have received any strong impact.
- ✎ Other helmets are made to have more than one impact (**multi-impact**). These will also block sharp objects that may hit the head.





Bicycle Trailers

Trailers designed to be towed behind bicycles are increasingly popular transportation items. Many people enjoy biking and want to bring their children along for the ride. Bicycle trailers are convenient, easy to use, and help families enjoy an active lifestyle. Parents considering purchasing a bicycle trailer should be aware that no mandatory safety standards exist for these items. It is the consumer's responsibility to choose a safe trailer and use it properly.



Although it may be a very enjoyable activity, towing a bicycle trailer can cause injuries to children. There have been few very serious injuries from riding in a bicycle trailer, however children have sustained injuries such as cuts and fractures. Parents and caregivers should be aware of the injury risks involved and ensure they do everything they can to prevent these injuries.

Who is at risk?

- Children aged 5 years and under are most at risk.
- The most common types of injuries are superficial wounds and fractures.
- The body parts most often injured are hands/fingers and the head or face.

How do bicycle trailer injuries occur?

- Falls from the trailer.
- Contact with the bicycle wheel or spokes.
- Contact or collisions with a motor vehicle or another bicycle.

If you choose to use a bicycle trailer, the following safety tips will help ensure the ride is safe for both you and a child.

Choosing a Trailer

- Shop for a good quality trailer at a reputable bicycle shop with knowledgeable staff.
- Look for a trailer that has a rotating hitch. This type of hitch prevents the trailer from tipping over if the bike falls over.
- Choose a trailer that has a secure harness system for the child.
- Ensure your bicycle trailer has metal bars or a "roll-cage" around the carrier to prevent injury to a child if the trailer tips on its side.
- Choose a trailer that does not have removable sides. This will prevent children's hands from getting caught in the wheels and will keep debris out of the trailer.
- Ensure the trailer is equipped with reflectors on all sides or is made of reflective material.
- Choose a trailer that is covered to help protect children from the sun, wind and rain.
- Ensure your trailer has a front cover or screen to keep debris from entering the trailer.

Using a Trailer Safely

- Ensure the trailer is properly secured to the bicycle. Consult the trailer's instruction manual and/or a reputable bicycle shop.
- Ensure you and the child wear properly fitted, safety approved bicycle helmets. An approved bicycle helmet is required by law in Alberta for children riding in bicycle trailers.
- Before children are ready to travel in a bicycle trailer they should be able to sit upright and have good head control. **It is not recommended to have children under one year ride in a bicycle trailer**, as they most often do not have the neck and spine strength required to ride safely in a trailer and support a helmet.

- Correctly secure the child with the internal harness at all times.
- It is not recommended to install a carseat into a bicycle trailer as they are not designed for this use.
- Mount a brightly-coloured flag at least three feet high at the back of the carrier. This increases the visibility of the trailer.
- Ensure you only carry the recommended load for the trailer and that the load is properly positioned in the carrier. Never overload the trailer with additional children, pets or parcels.
- Follow the rules of the road when cycling on the street. Signal before turning or stopping.
- Learn the skills and rules necessary to protect yourself and others on the road and pathways. If you are using a bicycle trailer, take a safety course from a trained instructor.

Additional Safety Tips

- Never leave a child unattended in a bicycle trailer.
- Avoid busy streets with heavy traffic.
- To prevent choking, do not allow children to eat or drink in a moving trailer.
- Stop the bicycle and check on the child periodically. Ensure children drink plenty of fluids, especially when the weather is warm. This will prevent dehydration and heat stroke.
- Ensure children are wearing sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

Bicycle-mounted Carriers

- Child carriers that attach to the frame of the bike can be more difficult to handle and less stable than bicycle trailers. They are potentially hazardous and are therefore not recommended.
- When compared with bicycle-towed trailers, there are more reported injuries to children associated with bicycle-mounted carriers.
- A carrier is typically at a high position and the centre of gravity is therefore higher than normal, making it easier for it to tip over with the child in it.
- More than a third of injuries to children in bicycle-mounted carriers occur when the bicycle falls over with the child in the seat.

Related Links

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More Information

- ["Gotta Brain? Getta Helmet!" David Brochure \(back\)](#)
- ["Gotta Brain?... Getta Helmet!" - Build Your Own Resource Kit](#)
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- [Bike Helmet vs. Hockey Helmet "What's The Difference?"](#)
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- [Cycling helmets - Link FAQ June 16, 2007](#)
- [How To Properly Fit A Bike Helmet](#)

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