

# Helmets

## Helmets and the Law

### Bicycle helmets

As of October 1st, 1995, all cyclists under the age of 18 are required by law “HTA 104” to wear an approved bicycle helmet when riding a bike on a roadway or sidewalk.

**HEAD INJURIES** are the number one cause of injury and death to kids on bicycles. Wearing a **PROPERLY FITTED** bike helmet can reduce the risk of serious head injury by up to 85 percent

### Inline Skates & Skateboards

There is currently no law mandating that individuals who use inline skates and skate boards have to wear a helmet. For safety reasons, the Porcupine Health Unit strongly suggests that helmets be worn in order to protect one’s head from potential serious and life threatening injuries. Falling at a speed of just 20km/hr can result in death. Therefore, helmets and wrist guards are **STRONGLY** recommended for inline skating and skate boarding. For better protection use knee pads and elbow pads.

#### Remember:

Make sure your child wears a helmet correctly. Check it today! A helmet should cover the top of the child’s forehead and the strap should be tight.

**Get in Control!** Most injuries occur when a child loses control of their equipment. Teach your child how to use their equipment correctly.

Many activities are being planned in conjunction with Safe Kids Week. Contact your local branch of the Porcupine Health Unit to see what is available in your community.

