

为什么你的孩子应该佩戴运动头盔？

运动头盔可以帮助保护你的孩子免受严重跌倒或碰撞造成的脑部损伤或死亡。

第一步: 选择合适的头盔

不同的运动需要不同类型的头盔。

有些头盔在经历几次轻微跌倒或碰撞后仍然可以使用。

而其他头盔在单次跌倒或碰撞后就需要更换。请查看使用说明以获取更多信息。



自行车/滑板头盔
发生一次碰撞或跌倒后需要更换



滑雪/滑雪板头盔
发生一次碰撞或跌倒后需要更换



多功能运动头盔
经历几次轻微跌倒或碰撞后仍然可以使用



冰球/滑冰/雪橇头盔
经历几次轻微跌倒或碰撞后仍然可以使用

第二步: 确保头盔佩戴合适

使用2V1规则



眉毛和头盔之间应该有两根手指的宽度。
头盔应该覆盖前额顶部。



带子在耳朵下方能形成V字形状
侧面带扣应该正好扣在耳朵下方。



下颚带下只能放下一根手指
收紧下颚带直到带子和下巴之间只容得下一根手指的宽度。

该做什么和 不该做什么

应该选择获得CSA认证的 头盔。

应该在每次佩戴头盔时 系好下颚带。

应该确保头盔贴合并不会前后滑动。

不应该在头盔下佩戴 任何改变其贴合儿童头部 方式的物品。包括帽子和发夹。

不应该在头盔上贴贴纸 或装饰贴。

Why should your child wear a sport helmet?

A sport helmet will help protect your child from brain injury or death if they have a bad fall or crash.

Step 1: Choose the **right helmet**

Different sports call for different types of helmets.

Some helmets are still good after several falls or light crashes. Others need to be replaced after a single fall or crash. Check the owner's manual for more information.



**Bicycle/Scooter
Helmet**

Replace after one
crash or fall



**Skiing/Snowboarding
Helmet**

Replace after one crash
or fall



Multisport Helmet

Still good after several
soft falls or light crashes



**Hockey/Skating/
Sledding Helmet**

Still good after several
soft falls or light crashes

Step 2: Make sure the **helmet fits**

Use the **2V1** rule



**Two fingers between
eyebrows and helmet**

The helmet should
cover the top of the
forehead.



**Straps form a V
under the ears**

The buckles on the
side strap should fit
right under the ear.



**One finger under the
chin strap**

Tighten the chin strap
until you can fit only
one finger between
the strap and chin.

Dos and Dont's

DO choose a helmet that
is CSA approved.

DO fasten the chin strap
every time the helmet is
worn.

DO make sure the helmet
is snug and does not slide
back and forth.

DO NOT wear anything
under the helmet that
changes the way it fits the
child's head.

DO NOT put stickers or
decals on the helmet.