

Maxay tahay sababta uu ilmahaagu u xidho koofiyadda ciyaaraha?

Koofiyadaha ciyaaraha ayaa ka ilaalin doona ilmahaaga dhaawac maskaxeed ama dhimasho haddii ay si xun u dhacaan ama shil.

Tallaabada 1: Dooro koofiyada saxda ah

Isboortiga kala duwan ayaa u yeera koofiyadaha noocyada kala duwan.

Koofiyadaha qaarkood ayaa weli fiican ka dib dhowr dhicis ama shilal fudud. Kuwa kale waxay u baahan yihiin in la beddelo ka dib hal dhicis ama shil. Ka hubi buug gacmeedka mulkiilaha wixii macluumaad dheeraad ah.



Koofiyadda Baaskiil/Baaskiilada
Beddel hal shil ama dhicid ka dib



Koofiyadaha Skiing/Snowboarding
Beddel hal shil ama dhicid kadib



Koofiyadaha Isboortiga Badan Weli wuu fiican yahay dhowr jeer oo jilicsan ama shilal fudud ka dib



Koofiyadaha Hockey/Skating/Sledding Koofiyadaha Weli way fiicantahay ka dib dhowr dhacood oo jilicsan ama shilal fudud

Tallaabo 2: Hubi in koofiyaddu ay ku habboon tahay Isticmaal xeerka 2V1



Laba farood oo u dhexeeya sunnayaasha iyo koofiyadda. Koofiyadu waa inay dabooshaa xagga sare ee foodda.



Xadkhaha ayaa ka samaysan V dhegaha hoostooda. Xirmooyinka suunka dhinaca waa inay ku habboonaadaan isla dhegta hoosteeda.



Hal far oo ka hoosaysa suunka gadhka. Adkee suunka gadhka ilaa aad ku xidhi karto hal far oo kaliya inta u dhaxaysa suunka iyo gadhka.

Samee iyo Ha sameyn

HA doorato koofiyada ay CSA ogolaatay.

HA ku xidho suunka gadhka mar kasta oo koofiyadda la xidho.

HA xaqiijiso in koofiyaddu ay dhegsan tahay oo aanay hore iyo dibba u simbiiriin.

HA xidhin koofiyadda hoosteeda wax beddela sida ay ugu habboon tahay madaxa ilmaha.

HA saarin istiikaro ama dhejisyo koofiyadda.

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.