

Kwa nini mtoto wako avae helmeti ya michezo?

Helmeti ya michezo itasaidia kumlinda mtoto wako kutokana na jeraha la ubongo au kifo ikiwa ataanguka vibaya au ajali.

Hatua ya 1: Chagua helmeti iliyo sahihi

Michezo tofauti inahitaji aina tofauti za helmeti.

Helmeti zingine bado ni nzuri baada ya kuanguka mara kadhaa au ajali nyepesi. Nyingine zinahitaji kubadilishwa baada ya kuanguka mara moja au ajali. Angalia mwongozo wa mmiliki kwa habari zaidi.



Helmeti ya Baiskeli/Pikipiki:
Badilisha baada ya ajali moja au kuanguka.



Helmeti ya Skiing/Snowboarding:
Badilisha baada ya ajali moja au kuanguka.



Helmeti ya Michezo mbalimbali: Bado ni nzuri baada ya kuanguka kwa kawaida au ajali nyepesi.



Helmeti ya Hockey/Skating/Sledding:
Bado ni nzuri baada ya kuanguka kwa kawaida au ajali nyepesi.

Hatua ya 2: Hakikisha helmeti inamtosha.

Tumia sheria ya 2V1.



2 Vidole viwili kati ya nyusi na helmeti.
Helmeti inapaswa kufunika sehemu ya juu ya paji la uso.



V Kamba huunda V chini ya masikio.
Kifungio kwenye kamba ya upande inapaswa kushika vizuri chini ya sikio.



1 Kidole kimoja chini ya kamba ya kidevu.
Kaza kamba ya kidevu hadi uweze kutoshea kidole kimoja tu kati ya kamba na kidevu.

Mambo ya Kufanya na Kutofanya.

Chagua helmeti ambayo imeidhinishwa na CSA.

FUNGA kamba ya kidevuni kila wakati helmeti inapoaliwa.

HAKIKISHA helmeti imekaza vizuri na haitelezi huku na huku.

USIVAE kitu chochote ndani ya helmeti ambacho kinabadilisha jinsi inavyokaa kichwani kwa mtoto.

USIWEKE stika au mapambo kwenye helmeti.

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.