

Protect Your Head!



ThinkFirst...

Always wear a helmet



Did you know...?

- helmets can prevent up to 85% of concussions when worn properly
- concussion is brain injury and can have serious long-term effects
- wearing the right helmet is key!
- helmets should meet safety standards (ASTM / SNELL / CPSC / CE / CSA)



for hockey helmets - look for CSA-certified

Remember...up to 90% of all injuries are preventable!



Display is courtesy of Safe Start, the injury prevention program of BC Children's Hospital