



## Appendix #1

# What Helmet for What Activity?

There are two basic types of helmets, single impact and multi-impact helmets. The main difference between the two is the type of foam used in the helmet (Safe Kids Canada, 2002).

### 1. Single Impact Helmet:

Bike helmets are an example of a single impact helmet – they are designed to protect your head against one crash or fall.

### 2. Multi-Impact Helmet

These helmets are designed to withstand several falls. Skateboarding helmets are an example of a multi-impact helmet.

### Standards:

Be sure to look for the standards label in any helmet purchased. The standards label should be visible inside the helmet. The label certifies that the helmet has been tested by the manufacturer to protect your head in certain types of crashes. Most helmets sold in Canada are certified by either CSA, CPSC, ASTM or Snell. CSA is the Canadian Standards Association. The other three organizations are based in the United States but are similar to that of CSA (Safe Kids Canada, 2002).

**NB:** Students may come across older helmets that have an older American standard – ANSI. This standard expired in 1994 and helmets with this standard are considered unsafe to use (Safe Kids Canada, 2002).

### Cycling:

As mentioned above, when cycling, it is recommended that you wear an approved cycling helmet (Safe Kids Canada, 2002). Bike helmets are single impact helmets and therefore need to be replaced after they have been in one crash.

### In-line Skating:

There are some helmets designed specifically for in-line skating, however Safe Kids Canada recommends using a bike helmet when in-line skating. If using a bike helmet, remember to replace it after one crash.

### Scooters:

Currently there is no standard for helmets for scooter riders. Safe Kids Canada recommends that bike helmets be used when scootering as it is a similar activity to biking and in-line skating.

### Skateboarding:

Safe Kids Canada recommends a special skateboarding helmet that covers more of the back of the head and that will protect against more than one crash. Because falls are common in skateboarding, these helmets are made of materials that are specially designed to withstand multiple impacts on the same spot. Look for the ASTM F-1492 or Snell-94 standard. A skateboard helmet should not be used for bike riding unless specified by the label.

### Multi-sport Helmets:

If a helmet is marked as “multi-sport”, this means that the helmet meets safety standards for more than one activity. For example, the Snell N-94 helmet is tested for cycling, in-line skating and skateboarding.

**NB:** Take caution when purchasing a “multi-sport” helmet and check the labels on the helmet carefully to see what sport it is certified for. There have been situations when the boxes of helmets state they are multi-sport but when you read the label on the helmet it is only certified for one activity. If you have any questions contact the helmet manufacturer (Safe Kids Canada, 2002).