



Head Check: Know Your Helmet

Helmets worn when playing sports or riding bikes and motorcycles do not make you concussion-proof, but they can help protect you from a serious head or brain injury.

All Helmets

- **Never wear a cracked or broken helmet.** A damaged helmet doesn't provide adequate protection.
- **Use your head:** Replace your helmet after a lot of use or if it has any visible cracks or other damage. Never alter a helmet yourself.
- **Regardless of wear and tear,** replace any helmet that's five years past the manufacture date to be sure it has all the latest safety features.

Bicycle Helmets

Make sure your helmet has adjustable padding to provide a secure fit all the way around your head.

Check the fit in the mirror: The helmet should sit level, with the front just above your eyebrows and the front rim barely visible when you look upward.

Adjust the side straps to sit just below your ears.

Tighten the chin strap so that it's snug. When you open your mouth wide, the helmet should pull down slightly.

Make sure your helmet does not obstruct your view. You should be able to see forward and from side to side.

Choose a bike helmet with a U.S. Consumer Product Safety Commission label to make sure it's been tested for safety.





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Motorcycle Helmets

For added protection, opt for a full-face helmet, rather than a three-quarter, open-face helmet. Never use a "shorty"—a half-shell or novelty helmet without a liner.

Make sure there are no gaps between the brow pads and your temples.

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MHS

Military Health System

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A Head for the Future, an initiative of the Traumatic Brain Injury Center of Excellence, raises awareness of traumatic brain injury and educates the military community about the importance of preventing brain injury in noncombat situations.

Released: July 2017 | Reviewed: June 2021 by the Traumatic Brain Injury Center of Excellence.

This product is reviewed annually and is current until superseded. **800-870-9244** • Health.mil/TBICoE

2936.1.2.3

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