



# Head Check: Know Your Helmet

*Helmets worn when playing sports – like baseball or football – 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.

## Football Helmets

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

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

Your helmet should fit snugly, without any room between your head and the pads.

For the best fit, line up your ears with the ear holes.

Choose a football helmet with a National Operating Committee on Standards for Athletic Equipment (NOCSAE) label to make sure it's been tested for safety.





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## Baseball Helmets

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

Don't wear anything between your helmet and your head, including a baseball cap, unless a health professional instructs you to do so.

When you're at bat, the helmet shouldn't sit too high or too low on your head. Make sure the bill is parallel to the ground when you're looking straight ahead.

The mask of a catcher's helmet – whether it has one or two pieces – should rest evenly in the front.

For the best fit, line up your ears with the ear holes. This applies to both batter's and catcher's helmets.

Remember there's a difference between a batter's helmet and a catcher's helmet. They are not interchangeable.



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A Head for the Future, an initiative of the Defense and Veterans Brain Injury Center, raises awareness of traumatic brain injury and educates the military community about the importance of preventing brain injury in everyday activities, including sports and recreation.

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