



Keep you family's safety in mind. The Sidney-Shelby County Health Department has bike (rollerblade, skateboard, scooter) helmets available year round. All sizes are available from small child to adult. The following information is helpful to know before you contact our office:

When should I replace my Child's helmet?

One crash and it's trash. You must replace the helmet after any crash where your head hits. EPS foam is made for one impact only - no matter what you paid for it! One crash and it's trash is the rule. We recommend you replace your helmet every **TWO YEARS**. Plastic shells can hide the foam damage, and EPS gets dry and crumbly over time. Why take a chance - replace your helmet.

Sizing Chart- it is best if you can bring the child in for sizing. Below are head measurements for different sizes:

Toddler 19.3"-20.5"
Small 19" -20.25"
Medium 20.25"-21.5"
Large 21.5"-22.75"
X-Large 23"-24.75"

Helpful Hints:

Small usually fits up to your average 5 or 6 year old.
Medium usually fits 6 to about 15 year olds.
Large is more of an older teenager and adult sizing.

What does certified by Snell and CPSC mean?

"SNELL" Memorial Foundation is the most trusted testing laboratory in the United States. "Snell" is a non-profit, private company and the only laboratory that has a continuous random testing program after the helmet has been certified to their standards.

"CPSC" (Consumer Product Safety Commission).

This is the Government's Standard that all bicycle helmets must meet. It has been a U.S. Law since March 10, 1999. The standards, studies and regulations are available online at <http://www.cpsc.gov/>