



# Head Check: Know Your Helmet

*Helmets worn when playing sports, skiing, snowboarding or riding snowmobiles 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.

## Snowmobile Helmet

Make sure your helmet has dual pane shields and breather guards to provide protection and minimize fogging.

Wear a full-face helmet with a chin bar to protect yourself from dental and facial damage.

Fit the helmet to be snug and to fasten securely. An improper fit can reduce your field of vision.

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





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## Ski or Snowboard Helmet

The helmet should cover your whole forehead without gaps and either easily accommodate goggles or have built-in goggles.

Make sure your helmet has sufficient insulation to provide warmth, coverage and protection.

Make sure the fit is comfortable, with no extra space or pressure points.

Fit the helmet to be snug and to fasten securely. An improper fit can reduce your field of vision.

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



[dvbic.dcoe.mil/aheadforthefuture](http://dvbic.dcoe.mil/aheadforthefuture)



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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