

# CREATE A HELMET FITTING CLINIC

Do you notice too many children in your neighbourhood or at school not wearing a properly fitted helmet while biking, scootering, in line skating or skateboarding?

## DO YOU WANT TO RUN YOUR OWN HELMET FITTING CLINIC?

**If you are part of a neighbourhood association, parent school council, play group or daycare you can plan a fun, interactive clinic.**

**A helmet fitting clinic can draw attention to the fragility of their brain and ensure more people are properly protecting themselves, while they participate in healthy physical activities.**

**You only really need your knowledge and a helmet!**

### Setting up your clinic can be easy:

- A table and a few chairs
- Posters
- A couple different helmets
- A model of the head or skull
- A gelatin brain or melon for demonstration

### Create your important messages about how:

- The brain and how it can get injured
- Helmets and how they work'
- How to properly fit a helmet

**Your important messages should be simple, impactful and can relate to the information and images you have at your table.**

## The Brain

- The brain is enclosed within a rigid skull
- The brain is delicate like gelatin
- The skull is as thick as 3 pennies stacked up
- The brain sits on the skull base and 'floats' in a fluid

- The spinal cord is attached to the underside of the brain
- The spinal cord feels like a banana or cooked noodle

## HOW A BRAIN GETS INJURED IN AN ACCIDENT

During an accident a rider is often thrown from the bicycle.

If the riders head hits an object, the ground , the curb a car- the heads forward motion is stopped, but the brain continues to move forward until it strikes the inside of the skull. It then rebounds striking the opposite side of the skull.

This type of injury can result in anything from a mild traumatic brain injury, such as a concussion, to a fatal head injury.

## Helmets

- The primary function of a helmet is to minimize the amount of force transferred to the head in the event of a crash
- A properly fitted bike helmet has been shown to reduce the risk of injury over 85%
- There are 3 basic parts of a helmet-outer shell-impact absorbing material-strap system

### The Outer Shell

- Keeps the shape of the helmet
- Protects from sharp objects
- Helps the helmet skid across the ground

### The Impact Absorbing Material

- Absorbs the force of the impact
- Designed to compress in a crash

### Strap System

- Keeps the helmet firmly in place

Follow manufactures recommendations and wear the proper helmet for each activity.

ACTIVITY	RECOMMENDED HELMET	TYPE OF PROTECTION
bicycling, low speed scootering	bicycle, skateboard	single impact
In-line skating	Bicycle, in-line skating or skateboard	mostly single impact
skateboarding	skateboard	single & multiple impact

**Single impact means** the helmet is designed to protect you against a single crash after which you must replace the helmet.

**Multiple impact** means the helmet can withstand multiple hits before it loses its protectiveness.

## How to Fit a Helmet

Every helmet comes with manufacturer's instructions on how to fit the helmet properly.

### A Quick Guide

- ✓ Snug-Level and Stable
- ✓ Important message 2-V-1

**LIDZ ON KIDZ**  
STAY SMART!

## THE PERFECT FIT

Wear your helmet properly to reduce the risk of brain injury

**ZVI RULE**  
Chin strap in a 'V' shape under and slightly in front of the ear

2 Fingers fit between eyebrows and helmet

1 Finger fits snugly under chin strap

Helmet should touch the head at the front, top and all sides.

This will create a fit that is snug, level and stable enough to resist violent shakes and hard blows

### INCORRECT WEAR

- NO STICKERS NO HATS
- NOT LOOSE
- NOT FORWARD

Visit us online or contact us for more information

519.579.5300 | LidzOnKidz@biaww.com | [www.biaww.com/lidz-on-kidz](http://www.biaww.com/lidz-on-kidz)



**To achieve a great fit you want the helmet to touch the head at the front the back top and all sides.**

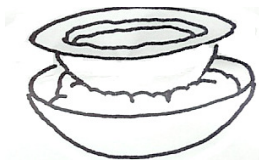
### **Making a Gelatine Brain Mold**

#### **Ingredients:**

- 2 170-gram boxes of watermelon or peach Jell-O (they give the best colour)
- 9 oz (about 266 ml) can of evaporated skimmed milk (no other milk will work)
- vegetable oil (for lubricating plastic mold)
- 1  $\frac{3}{4}$  cups of boiling water
- $\frac{3}{4}$  cup of cold water

#### **Instructions:**

1. Before each use, wash the brain mold with warm soapy water and a soft cloth or sponge.
2. Spray or smear small amount of vegetable oil inside the entire cavity of the plastic mold, then wipe out any excess.
3. Put flavoured gelatine in a bowl and add the boiling water. Stir until dissolved
4. Stir in  $\frac{3}{4}$  cup of cold water
5. Stir in skimmed milk for 2 minutes (with any food colouring, if desired)
6. The colour of the Jell-O will depend on the flavour you use and whether or not you want to add food colouring to obtain a brain-ish pink tone. For watermelon Jell-O you can use a few drops of green food colouring, if desired.
7. Pour mixture into mold and refrigerate overnight.



**Place mold inside a bowl to ensure steadiness in the refrigerator.**



**To extract the brain from the plastic**

**Gently shake it right side up, and then right side down. Don't forget to put a plate underneath!  
The gelatin should pop right out.**

### **USING A MELON YOU CAN SHOW HOW YOUR HEAD CAN BE PROTECTED IN A CRASH!**

Drop a melon to the ground creating a soft spot-then drop a melon wearing a helmet to show how it is protected in a crash.

For further information on running your own clinic contact Lidz on Kidz- a program of the  
Brain Injury Association of Waterloo Wellington at [lidzonkidz@biaww.com](mailto:lidzonkidz@biaww.com)

Lidz on Kidz offers brochures on helmet fitting and concussion awareness. We would also be able to provide our identifications tags for the inside of helmets!



**‘The best defence against injury is PREVENTION’**

‘In the event of a crash a properly fitted helmet could mean the difference between life and death’