

Helmet Care

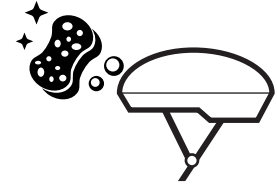
Take care of your helmet so that it can take care of your brain.
Use the tips below to clean, store, inspect and replace your helmet.

Clean

When dirty, wipe all parts of your helmet clean. Use a soft cloth or sponge and a solution of mild soap and warm water.

Avoid use of all other chemicals!

Many common cleaners and stickers can cause damage by reacting with materials in the helmet. This damage might not be visible to you, but it can weaken the helmet.

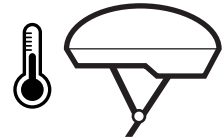


The spread of head lice through helmet sharing is rare. Head lice are spread by direct head to head contact.

Visit: http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html#helmets

Store

Store your helmet in a cool, dry place. Too much heat or cold can damage your helmet.



Inspect

Check your helmet often for cracks, dents, cuts, an uneven or bubbly shell, separation between the liner and shell, and other damage.



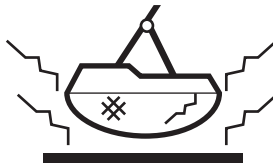
Replace

Your helmet will not last forever! Even if there has been no damage or impact, your helmet will lose strength over time.

Replace your helmet:

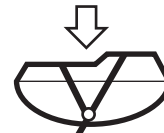


If there are signs of damage.



If it has been in a crash.

Manufacture Date



If it has been three to five years from when it was made.
Look inside your helmet for the manufacture date.



Hamilton
Public Health Services

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