## 3 STEPS FOR HELMET SAFETY



## **KNOW YOUR HELMET**

No helmet is concussion-proof.

Proper fit is critical.

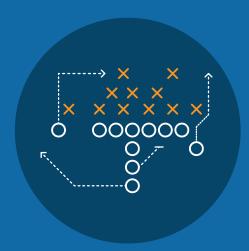
Do not alter or change.



## MAINTAIN YOUR HELMET

Recondition and recertify helmets every 1-2 years.

Replace after 10 years.



## PRIORITIZE SAFE PLAY

Use proper blocking and tackling techniques.

Know the signs and symptoms of a concussion—and report them.

Remember—if in doubt, sit it out.