

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.