

Helmet Safety Frequently Asked Questions (FAQ)

The Frequently Asked Questions (FAQ) sheet is to assist you in dealing with the media when promoting helmet safety events. Below are common questions that the media may ask:

Why is it important to wear a helmet when riding a snowmobile?

Among children, 71 percent of snowmobile-related injuries are to the head (*Source: National Institutes of Health*). Snowmobiles can be dangerous, and terrain is often unpredictable, so **Ride Safe, Ride Smart** by wearing a helmet at all times.

What do I look for when finding a helmet?

Make sure to consult an expert, such as a snowmobile salesman, when choosing a helmet. They will ensure that the helmet fits and protects the rider properly. Follow these helmet guidelines for maximum injury protection:

- **The helmet fits properly**
 - It is imperative that a helmet fits properly. It should be snug and fasten securely. Improperly fitted helmets can reduce your field of vision and may not provide adequate protection.
- **The helmet is not outdated**
 - Helmets have a shelf life of approximately five to eight years. After that time the protective materials inside begin to breakdown and offer less protection. Also as new technology is developed, helmets become more advanced and provide greater protection. Newer snowmobile helmets will keep your face warm and your vision clear of fog. For your safety, make sure that your helmet has the latest technology. Also check the helmet for a DOT (Department of Transportation) stamp or sticker which signals the helmet meet all current safety standards.
- **The helmet is not cracked or damaged**
 - A cracked or damaged helmet can allow almost as much damage as no helmet at all. Before using a helmet, give it a quick look over to make sure that it is not cracked or damaged. A helmet can only withstand one serious impact before losing its protective qualities.
- **The helmet provides maximum protection**
 - Many different types of helmets are available, but be sure to choose the one for your protection needs. Common injuries also include dental and facial damage, so consider a full face helmet to fully protect yourself.

Where can I get or purchase a snowmobile helmet?

Helmets can be purchased in a variety of locations, including online or at snowmobile dealerships. It may be wise to contact your local snowmobile dealer regarding special helmet deals, promotions or giveaways. As part of the **Ride Safe, Ride Smart** campaign, dealerships across the state may be conducting safety presentations, helmet fitting clinics, and helmet giveaways targeted toward youth safety.