CARE FOR YOUR CRANIUM
Keep your brain safe at work and play

PLAY
WEAR THE RIGHT LID
- Bicycle helmets protect more of the forehead and should be replaced after any impact
- Bike helmets can be used for inline skating and scooter riding
- Skateboard helmets are specifically designed to protect more of the back of the head, and protect against multiple falls

WORK
WEAR THE RIGHT LID
- Whether you need protection from falling or fixed objects or electrical shocks, there’s a hard hat for that
- Check the recommended work life of the hard hat you’re wearing, and inspect it daily for signs of wear, cracking or damage to the shell

The human skull is just one centimeter thick. A properly fitted helmet or hardhat cuts the risk of serious head injury by up to 80%.