Helmets: Did You Know…?

- **Helmets are meant to protect a person’s head for one crash.** Just like car seats, after one crash or accident, helmets will no longer provide the full level of protection. A crash will damage the foam inside the helmet; damage will not be visible.

- **Helmets can be too old!** Plastic deteriorates over time as it is exposed to sunlight, sweat and drastic temperate shifts; common Vermont weather. Many sources, including Safe Kids Vermont and Local Motion, recommend replacing helmets every 5 years or after one crash.

Helmets are built to protect the head from one crash or accident. After this one incident the materials are compromised, though this may not be visible from the outside shell. Helmets take a lot of additional abuse such as being tossed into a bag, dropped on the floor or being thrown in the car. Over time helmet materials start to fall apart, straps stretch out and pieces go missing or break. All of these things decrease the helmet’s ability to guarantee protection.

There is no way to know the history of used helmets or safety gear. All major bike safety organizations clearly state that helmets should never be sold used and helmets should be replaced after 5 years or one crash *. As with car seats, selling used helmets may expose you to liability in the event of an injury or fatality.

On-line sources warn consumers to not purchase used safety gear; this includes helmets. It is better to buy new. If you are interested in providing your customers with helmets, contact me for distributors that sell new helmets at extremely low prices. You can also visit or refer to local bike shops like: Earl’s Cyclery, Alpine Shop, North Star Sports, and Ski Rack.

Help us reduce unintentional injuries, keep our community safe and your business thriving!

Feel free to contact us with any questions or concerns.

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