

Helmet Use

Facts About Helmets

- ◆ Head injury is the leading cause of death in bicycle crashes.
- ◆ Using a helmet can lower the number of deaths by about 75 percent.
- ◆ Even though it is the law that children under 18 **MUST** wear a helmet when bicycling, **only** about 15 to 25 percent of children wear helmets.
- ◆ Helmets can also protect children from injury when riding a scooter, inline skates or skateboards.



- ✓ Fit well: level on the head, touching the head all around, and comfortably snug but not tight.
- ✓ Child and toddler helmets should have a buckle that holds firm in a crash **but** releases after 5 seconds of steady pull to avoid strangling. *Kids should always remove their helmets before using playground equipment or climbing trees!*

Helmets Should NOT:

- ☒ Move more than about an inch in any direction.
- ☒ Pull off no matter how hard you try.
- ☒ Have an "aero" tail that can shove the helmet sideways in a crash and leave the head unprotected.

Helmet Safety Tips

Helmets Should:

- ✓ Have a label that says "This helmet meets the new CPSC (Consumer Product Safety Commission) standard."
- ✓ Have a strong strap that will keep it on the child's head after the first impact (car) and for the second impact (street).
- ✓ Be easy to adjust or be self-adjusting.
- ✓ Be comfortable to wear: cool, light, and fashionable.
- ✓ Be as smooth and round as possible on the outside to prevent snagging in a crash.
- ✓ Be easy for drivers to see at night and during the day.



NO



NO



YES