Who plays baseball, football or hockey and what do all these sports have in common? You MUST wear a helmet to play. Bicycling is the same. Why? In all these sports kids are at risk of severe head or brain injury without proper protection. If a coach won’t let you play without a helmet, you should NEVER ride your bike without one either.

112 children ages 19 and under died while riding a bike in 2010 (CDC)

WHY IS BIKE SAFETY IMPORTANT FOR KIDS?

- Apart from automobiles, bicycles are tied to more childhood injuries than any other product
- Children often fall when learning to ride a bicycle and proper head protection can prevent serious injury
- They do not know the rules of the road and young children cannot judge speed and distance of traffic

When they are fitted properly:

- Helmets reduce the risk of head injury by at least 45% and sometimes as much as 85%.
- Helmets can reduce brain injury by at least 33% and as much as 88%
- Helmets can reduce facial injury by 27%
- Helmets can reduce fatal injury by 29%

How to Fit a Helmet

A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly. Safe Kids and North Country Hospital recommend that kids take the Helmet Fit Test:

HOW CAN PARENTS HELP?

- Wear helmets and sneakers when riding bicycles with your children. Try to avoid shoes with laces or tuck them in
- Teach kids to wear a helmet at a young age
- Teach kids to stay close to the side of the road when biking, bike in the direction of traffic, or on a designated bicycle path or bicycle lane
- Children under the age of 10 should always bike with an adult
For more information about childhood injury prevention and how you can help create a safe home for your kids, please visit:

**Keeping Kids Safe**

at

www.northcountryhospital.org

or contact:

Beth Barnes, Community Outreach Specialist

bbarnes@nchsi.org

We are working together to make sure Northeast Kingdom kids are safe kids!

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