

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 %
 (Bicycle helmet use among children in the United States: the effects of legislation, personal and household factors. J Safe Res. 2010)



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

- ☑ Teach kids to be extra alert when it's dark outside so they are visible to drivers. Have kids wear light or brightly-colored clothing reflective gear, and to use front and rear bike lights
- ☑ Teach kids to use hand signals for right, left and stop

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:



EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.



EARS check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



MOUTH check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



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:

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

Bicycle Safety



SAFE
KIDS
VERMONT

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Keeping Kids Safe

