

Bicycle and Helmet Safety for our Youth

ThinkFirst
GAYLORD CHAPTER

FAST FACTS about Helmets



Helmets are vital to preventing head injuries

52-60%

of deaths due to bike-related injuries are prevented if helmet is worn

846 bicyclists

were killed in traffic crashes



About

20%

of kids do **NOT** wear their helmets when riding bikes (that's 1/5 kids!)



In the United States, over

21% of all traumatic brain injuries among children and adolescents are due to sports and recreational activities (this includes bicycling)



The NHTSA (National Highway and Traffic Safety Administration) reported that most bicycle accidents/deaths occur between the hours of

6-9 pm



~60% of adults do **NOT** wear a helmet



How can Parents/Teachers/Coaches help?

It starts with parent/adult modeling to encourage and educate their children on the risks of head injury and provide them with appropriate protective equipment for the sport.

Not only should kids wear helmets, but they must wear them properly. Many children are wearing helmets that are too small, too big, or donned improperly with their entire forehead exposed. If the helmet does not fit, it does not protect.



Quick tips for helmet fitting

- Make sure helmet brim is right above eyebrows (It should only be about 2 finger widths above the eyebrows)
- The straps should make the shape of a Y around the ears and attach securely under the chin
- Once securely fastened, the Shake Test should be performed to make sure the helmet fits securely (some helmets have an adjustable tightening knob in the back to ensure a snug fit)

Be safe this year...And **ThinkFirst**...it only takes a split second for an accident to occur.

Once you're injured, you're injured for life.

Your brain and spinal cord will never fully heal back to the way they were before.

You are smart, young individuals who have your whole lives ahead of you; play it safe.

Take Home Message

Your bicycle is considered a vehicle so **follow the rules of the road** when riding. **Wear a helmet!** **Is not wearing it worth the risk?**

RESOURCES

- www.AANS.org (American Association of Neurological Surgeons)
- www.cdc.gov/headsup/helmets (Centers for Disease Control and Prevention)
- www.Helmets.org/stats (Bicycle Helmet Safety Institute)
- www.Thinkfirst.org (ThinkFirst National Injury Prevention Foundation)

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ThinkFirst works to prevent brain and spinal cord injuries among our youth

294,000 people are living with SCI (~18,000 new cases occur per year)(United Spinal Association)

2.8 million traumatic brain injuries occur each year and over **837,000** of these are children (aans.org)

The 4 leading causes of injury
Car Crashes, Violence, Falls and Sports (thinkfirst.org)

