

A SAFE GUIDE TO GIFT GIVING



Make sure you don't just buy the bike.... Give the safety gear to go with it!

Did you know?



Almost 400 children die annually from bicycle crashes, and 450,000 more are treated in the Emergency Department for bicycle-riding related injuries.

- Approximately 70% to 80% of all bicycle fatalities involve a head injury.
- A bike helmet protects the head and brain by absorbing the force of the impact and spreading it out over the whole helmet.
- Approximately 15% of children use helmets all or most of the time while cycling. If a parent wears a helmet, children are **17% more likely** to also wear a helmet.
- Children are **14 times** more likely to survive a bike crash if wearing a helmet.
- Wearing a properly fitted bike helmet can **reduce the risk of head/brain injury by over 80%**.
- The majority of children's bicycle injuries do **NOT** involve cars, but occur from falls on driveways, sidewalks and bike paths
- **A fall from 2 feet can cause permanent brain damage**, and a fall at a slow speed can still result in death.
- Our brain allows us to see think, hear, feel emotions, communicate and move our body. Brain injuries may affect balance, coordination, motor skills, strength, endurance, memory, language and many more daily activities and the child may not recover.



The Four S's to Selecting A Bicycle Helmet

Sticker

- ✓ An approved bike helmet will have a sticker to show that it has been tested and meets safety standards
 - ✓ **CPSC** (Consumer Product Safety Commission)
 - ✓ **SNELL** (SNELL Memorial Foundation's Standards for Protective Headgear for Use in Bicycling)
 - ✓ **ASTM** (American Society for Testing and Materials)
 - ✓ or any other nationally recognized standard for bicycle helmet approval.

Size

- ✓ Try on several different bicycle helmets to compare fit before purchasing.
 - ✓ Additional pads may be used to make the helmet fit snug.
 - ✓ Do not select a helmet that is too big for the child.

Straight

- ✓ Place the helmet level on the head.
 - ✓ Wear the bicycle helmet low on the forehead, approximately two fingers above the eyebrows.



Strap

- ✓ Make sure the chin strap fits snugly and comfortably around your ears (in the shape of a "V") and under the chin.
 - ✓ The helmet should not be loose and move around on the head.
 - ✓ The child strap must be buckled with approximately one-finger width between the chin strap and the chin.
 - ✓ A snug helmet will not move from side-to-side or back-and-forth.



Using Your Bike Helmet Correctly Every Time!



Step 1 - Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side-to-side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



Step 2 - Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Step 3 - Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 - Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 - Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 - Final Fitting:

- Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.
- Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Taking Care of Your Bike Helmet



- Follow the bicycle helmet manufacturer's instructions for the care and cleaning of the bicycle helmet.
- Check your helmet regularly for dents, scratches or cracks. These could weaken the protective ability of the helmet during a crash.
- Replace a bicycle helmet that is:
 - Damaged or has frayed or worn straps.
 - Involved in a crash.
 - Outgrown by the child and too small to be fitted correctly.

PA Law on Bike Helmets

Children under 12 years of age must wear a fitted and secured bicycle helmet:

- While operating/riding a bicycle.
- While riding as a passenger in a restraining seat attached to the bicycle or in a trailer towed by a bicycle.

The maximum fine for violating the Bicycle Helmet law is \$25.00.

