



Bike Helmet Safety

Riding a bike can be a lot of fun and a great way to exercise.

But three out of four bike accidents involve an injury to the head.

That's why the most important thing to remember when riding a bike is to wear a helmet in case of a fall.

Safety Standards

Any helmet you purchase should display one of two names: CPSC or Snell. This means that the helmet meets one of the two highest safety standards. The Consumer Product Safety Commission (CPSC) standards set by the U.S. government were introduced in 1999. If your child's helmet was made before 1999 (look inside of it to see what year it was made), you should replace it with a newer model that meets one of these two safety standards.

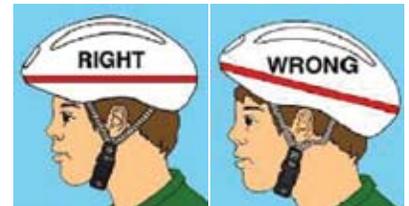
Ensuring Proper Fit

Helmets come with a set of foam pads that you can stick on the inside to help it fit your child's head snugly. As your child's head grows, change the pads so it will still fit properly. Make sure the helmet has the correct fit and adjustments, so that it will protect your child properly in case of an accident. A bike store can help adjust the helmet so that it's just right.

Today's helmets for kids are lightweight and comfortable and come in a variety of colors and designs. Encourage them to decorate their helmets with cool fluorescent, reflective stickers or choose really bright colors so that everyone on the road can see them!

Helmet Safety Basics:

- Sit helmet level on head
- Don't tilt helmet forward or backward
- Don't wear a hat under the helmet
- Make sure it has strong, wide straps that fasten snugly under the chin
- Make sure it is tight enough (with straps fastened) so that no sudden pulling or twisting can move the helmet around
- Always fasten helmet while riding
- Replace every 5 years – and immediately if your child has a hard fall and hits his or her head while wearing the helmet
- Never wear helmet on a playground
- Only wear helmet when biking, in-line skating, or while using a scooter



Helmet Safety Basics