



SPARCC
Sports Medicine • Rehabilitation • Concussion Care



BICYCLE

HELMET SAFETY



A properly-fitted helmet is the most effective way to prevent a head injury resulting from a bicycle crash.

For many children, bicycling is one of the most popular recreational sports. It is also one of the leading causes of recreational sports injuries in the emergency departments. Approximately 23,000 children younger than 21 years sustained head injuries while bicycling in 1998. The bicycle helmet is a very effective and important safety device that can prevent the occurrence of up to 88% of serious brain injuries.

Unfortunately, many children refuse to wear a helmet, and adolescents are particularly resistant to helmet use.

Use of a bicycle helmet can prevent or lessen the severity of brain injury during a bicycle injury. A bicycle helmet typically has a rigid crushable foam covered with a thin layer of plastic. It is held to the head by a chin strap. The skull provides another layer of protection and absorbs additional energy. In most cases, if the helmet is worn correctly and the forces are not extreme, the brain should be protected from injury in most cases.

Why Wear a Helmet?

Use the Eyes, Ears and Mouth Test

Helmets can reduce the risk of severe brain injuries by

88%

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.

Use Appropriate Helmets for Different Activities

Children should always wear a helmet for all wheeled sports activities.



When Skateboarding

and long boarding, make sure your child wears a skateboarding helmet.



BIKE SAFETY

Safe Riding Tips



See and
Be Seen



Use Verbal and
Non-Verbal
Communication



Check Your
Equipment



Watch for and
Avoid Road Hazards



Avoid Riding
at Night

Rules of the Road

Go with the Traffic Flow



Obey All Traffic
Laws



Yield to Traffic



Be Predictable:

Ride in a straight
line, not in and
out of cars.
Signal your
moves to
others.



Stay Alert At All

Times Listen for traffic
and avoid dangerous
situations; don't use
personal electronic
devices when you ride.



Watch for Parked Cars
avoid the unexpected like
doors opening or cars
pulling out.



Where to Ride Safely



1. Use bike lanes or bike paths

(if available). A lane or path is a safer choice than riding on a sidewalk.



2. For anyone riding on a sidewalk:

Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic especially at driveways and intersections.

3. Watch for vehicles

coming out of or turning into driveways.

4. Stop at corners of sidewalks and streets

to look for cars and to make sure the drivers see you before crossing.

5. Enter a street at a corner

and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.

(Continued)

AAP Bicycle Helmet Recommendations

All bicyclists should wear properly fitted bicycle or multisport helmets each time they ride. A bicycle helmet or multisport helmet intended for bicycle use manufactured after March 1999 must have certification that it met the CPSC standard, regardless of whether it met the standards of any other organization.

If a bicycle helmet manufactured before March 1999 meets the standards established by the Snell Memorial Foundation or ASTM (but not ANSI alone), it may be used. However, once damaged or outgrown, it should be replaced with a new helmet that has been certified to meet the CPSC standard.

Young children who ride as passengers must wear an appropriately sized helmet and be placed securely in a bicycle-mounted child seat or, preferably, a bicycle-towed child trailer. Children should never ride on the handlebars or crossbar.

Passengers should be at least 1 year old, by which age most children have sufficient muscle strength to control head movement during a sudden stop, even with the additional weight of a helmet.

Pediatricians should emphasize that any helmet involved in a crash or otherwise damaged should be discarded and replaced. Otherwise, all helmets should be replaced at least every 5 years, or sooner if the manufacturer recommends it. Purchase of helmets from yard sales should be discouraged, because the age and integrity of the helmet cannot be assured.

Parents and children should learn all essential aspects of bicycle safety. Helmet use is only 1 aspect of bicycle safety and does not substitute for the child's knowledge and practice of the rules of the road, sufficient visibility to drivers, and other safety measures.

REFERENCES:

<http://rockymountainhospitalforchildren.com/about/newsroom/bike-safety-tips-for-summer>

<http://pediatrics.aappublications.org/content/108/4/1030>