

Helmet Facts

Kids don't wear bike helmets unless their parents insist on it and also wear a bike helmet whenever they ride.

Bike helmets reduce head injuries by 85%, brain injury by 88%.

Helmets last 1-2 years on kids because:

- the child outgrows it
- they need a different helmet type
- the helmet gets damaged

Always replace a helmet after a crash.

Good helmets have CPSC certification

75% of bike related deaths could have been prevented with a helmet

If your child uses a scooter, skates or a skateboard, look for an ASTM F-1492 labeled helmet (heavy duty)

Some helmets are easier to adjust than others—shop around.

Kids are more likely to wear a helmet if they pick it out and keep it on the bike.

Head injuries can last forever so parents must insist that their children wear helmets on every ride.

Children under 10 should limit their riding to sidewalks and paths until they gain the necessary physical skills and learn the rules of the road.

Kids deserve on-the-road training by an experienced adult willing to give a good example by following all the rules of the road.

**Start the Helmet Habit Early
Use a Bike Helmet on Every Ride**

For Help and Advice try the following:

Web Sites:

www.nhtsa.dot.gov

www.safekids.org

www.bhssi.org/helmets

**To Speak to Someone on Child Traffic
Safety Issues, call:**

Wisconsin Information Network for
Safety (WINS) 1-866-511-9467

Your Local Kiwanis Club-



A Young Children Priority One
Project
Wisconsin -Upper Michigan District
Kiwanis International



Developed by:
Monroe Area
SAFE KIDS/Safe Communities
Monroe, WI



First Wheels First Helmet

A Parents Guide to Bike Helmets



**Children Deserve the Best
Protection We Can Give Them**

**Bike Helmets
For EVERY Ride**

Buy The Correct Helmet

Trike Helmet

A “First” helmet

Covers whole head

Designed for kids who often fall sideways and backwards.



Extra Small Bike Helmets

For kids who are learning to ride two wheelers.

Still covers sides and back of the head.

Cut away sides allow better peripheral vision



Bike Helmet

Need a snug fit

Protects the forehead and back of the head

Most kids bike helmets will last two summers when properly cared for

Replace after a serious fall or when there is any visible damage to the foam liner



Wear It Right

Centered on the top of the head

Covers forehead to eyebrows

Straps snugly buckled—all the time. Check often as they work loose with use.

Adjust pads so helmet stays put when tugged slightly side to side or forward and back.



Need More Gear?

To Skate or Skateboard Add -

Wrist guards

Elbow Pads

Knee Pads



To Ride a Scooter Add -

Knee Pads

Elbow Pads

Older kids who are doing tricks on their bikes, competing or doing tricks on skateboards, inline skates or scooters need an ASTM standard F-1492 helmet which covers more of the head and is intended to protect for harder falls.

Replace all helmets following a fall as the internal foam may be compressed without appearing damaged.

Kids See Traffic Differently

Because Kids Younger than 10 Years of age:

Lack Peripheral Vision

Hear more acutely than adults therefore they cannot tell what direction a horn or siren is coming from.

Lack depth perception and the ability to tell the difference between slow and fast moving traffic.

Do not understand the physics of a moving vehicle and the fact that cars can't stop as fast as kids can.

Act impulsively and unpredictably.

Fantasize, daydream and “space out” so they do not always see what is happening around them.

Don't accurately remember the “rules of the road”.

Will need supervised “on the road” training before riding in the street on their own .

