

## Use Your Head – Wear a Helmet

Every year, thousands of children are hurt in bike falls and crashes that could have been prevented. Bicycles are vehicles, not toys. Children 5 to 12 years of age are at greatest risk for bike wrecks. Head injury is the most serious result.

Your child may not think a helmet is "cool," but a helmet can save your child from a serious injury in a fall or collision. If you ride, always wear your helmet. Set the example!! Encourage other parents to also wear a helmet and have their children wear helmets.

Helmets adjust to growing heads. Learn to fit your child's helmet properly. Read the manufacturer's instructions. Check your child's helmet often. The helmet should fit comfortably and not move around on your child's head. Be sure to buy a new helmet when it is too small for your child or it is damaged in a crash.

Helmets manufactured after March 1999 must meet the mandatory Consumer Product Safety Council (CPSC) standard. Helmets manufactured before that date should meet one or more of the voluntary standards – Snell Memorial Foundation, ASTM or ANSI. Look for these stickers inside a helmet before buying.

Your child should stay on sidewalks, paths, and driveways until he can show that he rides well and follows basic rules of the road.

### Basic Rules of the Road:

1. **STOP** before riding out into traffic from a driveway, sidewalk, alley or parking lot.  
**LOOK** left, right and left again.  
**ENTER** the roadway when there is no traffic.
2. **RIDE** on the right side of the road with the traffic.
3. **OBEY** stop signs and red lights.  
(Children under 12 should walk, not ride, their bikes through busy intersections.)
4. **LOOK BACK** and **YIELD** to traffic coming from behind you before turning left at intersections.

## ALWAYS WEAR A HELMET!!