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.bhsi.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—

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.

**Wear It Right**

**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.