

KIDS AND BIKE HELMETS

Florida Law:
Children
UNDER 16
years old are
required to
wear a helmet!

**Bicycles are associated
with more childhood
injuries than any other
consumer product
except automobiles.**

**Universal bicycle helmet
use by children ages 4
to 15 would prevent
39,000 to 45,000 head
injuries and 18,000 to
55,000 scalp and face
injuries each year.**

Tips About Kids and Helmets

- Always wear a bicycle helmet every time you ride!
- Wear a helmet properly - see back of this page. A helmet should fit comfortably and snugly, but not too tightly.
- Leave hair loose or tie it back at the base of the neck.
- Learn all rules of the road and obey all traffic laws. Ride on the right side of the road, with traffic, not against traffic. Use appropriate hand signals when stopping and turning so others will know your intentions.
- Bicycle riding should be restricted to sidewalks and paths until a child is age 10 and is able to show how well he or she rides and observes basic rules of the road.
- Adult supervision is vital until the child has learned and demonstrated good traffic skills while riding.
- As a parent, be a good role model and always wear a helmet when you ride.
- Helmets should also be worn with inline roller skates, skateboarding, scooters and snowboards.

"Eyes, Ears, Mouth Test" courtesy of Bicycle Coalition of Maine
Select "Tips" courtesy of Children's Hospital and Regional Medical Center, Seattle, WA



*For more information about Bicycle Safety and other programs offered through
St. Joseph's Children's Advocacy Center and Safe Kids Tampa
please call (813) 615-0589.*

1401A East Fowler Avenue, Tampa 33612



Take a stand for children. We are!

A Good Fit!

A **good fit** is vital for a helmet to offer the **best** protection. Avoid buying an oversized helmet for your child to "grow" into.

1. Eyes

Helmet sits **level** on your child's head and rests low on the forehead, 1 to 2 finger widths above the eyebrow. Your child should be able to see the very edge of her helmet looking up past her eyebrows. A helmet pushed up too high will not protect the face or head well in a fall or crash.

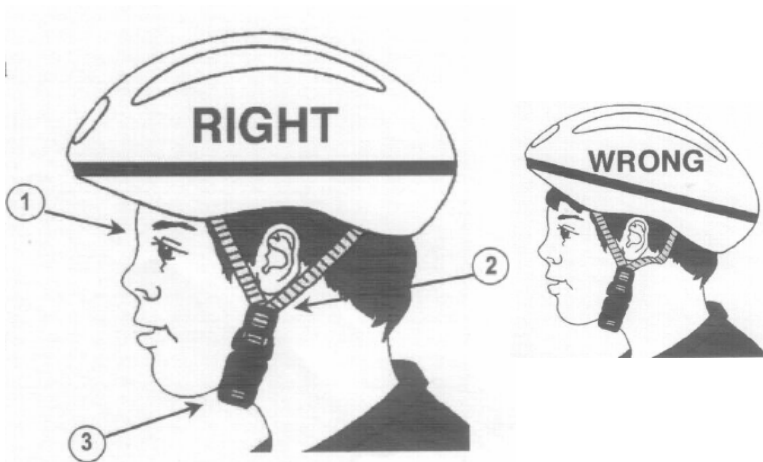
2. Ears

The straps are even and form a "Y" under the earlobe (where the earlobe meets the head) and are snug against the head.

3. Mouth

The buckled chin strap is loose enough so that your child can breathe. There should be enough room so you can insert a finger between the buckle and chin, but tight enough that if your child opens his mouth, you can feel the helmet pull down on top.

When the helmet is snug and correctly adjusted the child should be able to **strongly shake** his/her head without movement in the helmet. If the helmet does move, additional padding is needed.



Important!

Look for one of more of the following **safety standards** compliance labels indicating the helmet meets minimum requirements for impact absorption, strap integrity and resistance to rolling off:

- Snell Memorial Foundation
- ANSI
- ASTM

The plastic **foam/padding** acts as a shock-absorbing barrier around the head.

The **shell** is usually plastic, it protects the cushioning liner from wear and tear.

Strap lengths should be adjustable to ensure a correct fit and the best protection.

The **slide** holds the side straps together and is used to adjust the length.

Make sure the **buckles** are easy to use.

Check for **air vents**, there should be ample air space between the liner and the head. The pads should not interfere with hair flowing under the liner and onto the head. Since much of the body's heat escapes through the head, the ventilation is important, especially on hot days.

Don't leave a helmet in the car trunk on a hot day, it may cause the shell to **shrink or crack** and the liner to come loose.

Use only **soap and water** to clean the helmet.

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