HELMET SAFETY

Georgia Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Why We CARE

85%

of bicycle-related deaths among children under age 18 could be prevented with a bicycle helmet.

220,000+

children under age 18 visit the Emergency Department with bicycle-related injuries in the U.S. each year.

9 in 10

bicycle riders who die in crashes are not wearing

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Wearing a bicycle helmet reduces

- head injury by 85%
- severe brain injury by 88%
- facial fractures by 65%

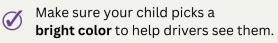
How to PLAY IT SAFE

- Have your child wear a helmet for every ride, no matter what. Georgia law requires it until age 16, but encourage kids to make it a habit for life.
- If you gift a wheeled device, include a helmet.
- Replace any helmet that is damaged or that has been involved in a crash.
- Require children under 10 to ride on the sidewalk or bike path—even if you are riding in the street. Children under 10 are too young to accurately perceive traffic speed.
- Teach them the rules of the road for bicyclists: (1) Ride with traffic, to the right; (2) follow traffic signs (3) use hand signals to let drivers know what you plan to do.

Bike helmets are also safe for inline and roller skating and scootering.

But different types of safety helmets are required for skateboarding, hockey and ice skating, skiing and snowboarding, and horseback riding.

How to Choose a Bike Helmet





Look for the **CPSC Certified** label on the box or helmet.

It should rest two finger-widths above the eyebrows and cover the forehead.

It should be snug, but not tight.

The straps should form a V below the ears.

The **chin strap** should **buckle snugly** around the jaw.

Consider current hairstyles that may require modification (dreads, braids, turbans).

Between two sizes?

Pick the bigger one. Most helmets come with extra pads to help get a good fit.



HELMETS EXPIRE! Replace your child's helmet every five years or as the manufacturer instructs, and, of course, if they outgrow it.



Children look to parents and caregivers—and their older siblings—as models for behavior. **Commit to wearing a helmet every time.**Instilling this habit now could save your child's life—or your own.





CALL 911

If your child is in a serious accident related to a bike or wheeled device, call 911.

PLAY IT SAFE

with poison prevention, safe sleep, firearms, burn safety, and more with the **Georgia AAP Toolkit**— gaaap.org/play-it-safe/.

