



Helmets Save Lives!

Bicycle Helmets are the Law!

A bicycle



helmet is the perfect place to have your medical ID tag.



Why should you wear a helmet?

- It's the law! If you are under 12, you must wear an **approved** helmet when riding your bicycle, tricycle or any cycle with pedals. (1996)
- This is an important law that was made to keep you safe. Be sure to share this information with your parents.

Your helmet will keep your head cooler in the sun and warmer in cool weather.

A bright colored helmet makes it easier for drivers to see you!

Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.



Can wearing a helmet make a difference?

- It makes a difference when you consider that bikers get hit in the head in three out of every four bike accidents!
- You can recover from "road burns" or even broken bones caused in a bad fall, but your head may bleed inside and you can't see it! Traumatic brain injury is the most frequent cause of disability and death among children in the United States. More than one million children sustain brain injuries each year and approximately 165,000 require hospitalization.

- It is a fact that professional riders must wear helmets - so be like the pros and wear one yourself!





Riding your
bike is fun if
you do it
safely.

Use your left hand to signal
for turns and stops.



For a **right turn**, extend your arm out and up.
When coming to a **stop**, extend your arm out and
down. Extend your arm straight out to
signal a **left turn**.

A message to parents:

Helmets have been proven to reduce the risk of head injury by 85% and can reduce the risk of brain injury by almost 90%. These striking statistics played an important factor in the General Assembly's Act 170 of 1996.

Please review the information in this brochure with your children and help them understand that wearing an approved helmet will keep them safe from harm.

