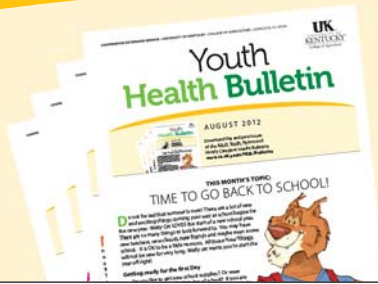


Youth Health Bulletin



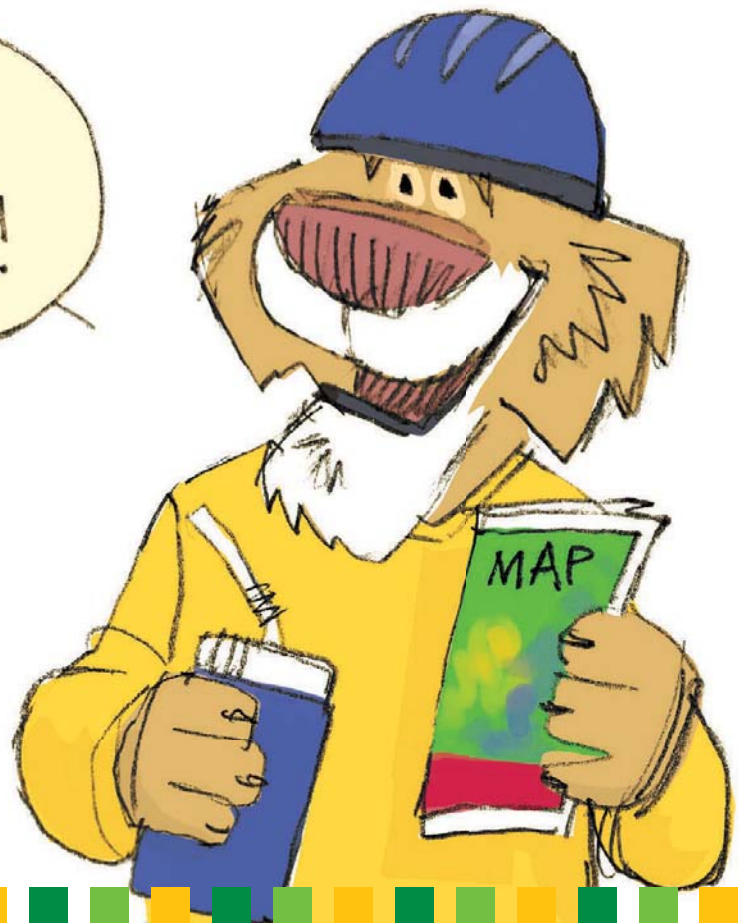
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THIS MONTH'S TOPIC: WEAR YOUR HELMET!

Wally Cat loves to ride his bike, but there is one item that he never rides without: his helmet! There are so many ways to be active, but one of Wally's favorites is biking. Going for a bike ride may seem like a lot of fun, but it is important to be careful. Wearing a helmet when you are on your bike is the best way to keep yourself from getting hurt. Helmets were created to help you protect your head. Many of the injuries that happen to kids while they are on their bikes involve the head — and sometimes kids have to go to the hospital. Remember to be safe — always wear your helmet!



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Did you know that each year over 300,000 kids have to go to the hospital because they got hurt while riding their bikes?

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Helmet 101

All helmets that are purchased should have met the standards that were created by the Consumer Product Safety Commission (CPSC). Does your

helmet have a sticker that says that it meet the standards of the CPSC? If you cannot tell, show your mom or dad and see if they can find the sticker. If the helmet does not have one, you should see if you can get one that does.



You want to make sure that your helmet fits. The helmet should be just right for your head. That means it should not be too big or too small. If you are unsure if the helmet fits correctly, talk to an adult.

When you know that the helmet fits, make sure you are wearing it the right way. The straps should always be fastened and the helmet should be level on your head.

Take care of your helmet. You should not throw it on the ground. If you do, you could damage the helmet. If a helmet is damaged it may not protect you as much as you may need.

If you get in a crash, you should get a new helmet. After a helmet has been in a crash, it often does not provide the same protection.

There are lots of different helmets available. If you have one that you do not like too much, you can always decorate it with different stickers. Stickers allow you to make the helmet your own!

If you have a friend who does not wear a helmet, you may want to show your friend how important it is by wearing yours.

Wally Cat really likes to ride his bike, but he does not even get on his bike without having his helmet on first. Helmets are an important way for you to stay safe when you are biking. Be like Wally Cat and stay safe with a helmet!

SOURCE:

- Nemours KidsHealth. (2014) Bike Safety. http://kidshealth.org/kid/watch/out/bike_safety.html
- Helmets on Heads (2014). Helmet safety and Kids <http://www.helmetsonheads.org/safety/>



Youth
Health Bulletin

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