



BICYCLE HELMET SAFETY



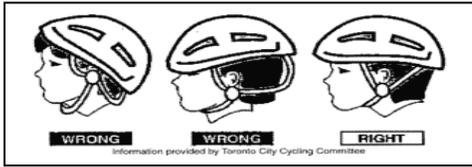
WHAT YOU SHOULD LOOK FOR IN A BIKE HELMET.

Make sure that the bike helmet meets or exceeds safety standards. Look for an ASTM, Snell, ANSI or CPSC certification sticker inside the helmet and on the box.

HOW A HELMET SHOULD FIT.

To provide maximum protection, the helmet should fit level and square on the head. The front should cover the forehead. It should sit snugly on your head and not slip when the head is moved, even before the chinstrap is fastened. Sizing pads are provided which can help tune the fit.

The straps should be adjusted to meet just below the ear, and be fastened comfortably.



FREQUENTLY ASKED QUESTIONS:

How can bicycle helmets help?

The brain needs protection. When a person rides a bicycle, the best protection comes from a bike helmet.

Of course, a bicycle helmet can't keep someone from falling off a bike. But it can cut the chances of serious brain injury. It does this by cushioning the blow that otherwise would hit the skull and brain in a crash. In doing so, the foam liner of the helmet is crushed between the object (car, curb, roadway) and the rider's head; in other words, it "self-destructs" in order to protect what's inside. The foam in most helmets does not recover. This is why any helmet that has been crashed should be replaced and not used again, even if it appears to be in good shape. There's no way for the user to tell just how much protection is left. (A few helmets made of special foam called EPP for Expanded Polypropylene do recover, and can be used again.)

Can I Use My Bike Helmet for Skating?

The ASTM standards for biking and inline skating are identical. But aggressive skating and skateboard helmets have their own ASTM standard, designed for multiple hits with lesser impact severity. Those helmets do not have to be designed for bicycling. Do not use a skate helmet for bicycling unless it has a CPSC sticker!

Can I Keep My Helmet on at the Playground?

The U.S. Consumer Product Safety Commission (CPSC) warns that children should not wear bike helmets when playing, especially on playground equipment. CPSC has reports of two strangulation deaths to children when their bike helmets became stuck in openings on playground equipment, resulting in hanging.

Children should always wear helmets while riding their bikes. But when a child gets off the bike, take off the helmet. There is a "hidden hazard" of strangulation if a child wears a helmet while playing on playground equipment.

How Do I get my child to wear a helmet?

- Let your child help pick out the helmet.
- Always insist your child wear the helmet when riding.
- Help your child learn to use the buckle.
- When you ride together, wear your own helmet.
- Praise your child each time he/she wears their helmet.
- Begin the helmet habit with the first bicycle.
- Encourage other parents to buy helmets.

Is it the Law to Wear a Helmet?

In Connecticut, State law requires anyone under the age of sixteen to wear a helmet while riding a bicycle. It's not JUST the law; it's a good idea for EVERYONE to wear a helmet on every ride -- no matter how short.

THE TOP FOUR REASONS KIDS SAY THEY DON'T WEAR A BIKE HELMET AND THE REASON EVERYONE SHOULD:

Myth 1: Helmets aren't cool.

Fact: Helmets are designed to help prevent injuries to your skull and brain. A serious fall or crash can cause PERMANENT BRAIN DAMAGE OR DEATH???!?! That's definitely not cool.

Myth 2: Helmets just aren't comfortable.

Fact: Helmets today are lightweight and have lots of air holes. They're actually a lot more comfortable than they have ever been.

Myth 3: I have never worn a helmet and nothing has happened to me so far.

Fact: Bike crashes or collisions can happen at any time. Even professional bike racers get into serious collisions. More importantly, studies show that in three out of every four bike crashes, bikers get some sort of injury to the head.

Myth 4: I just don't want everybody to see me wearing a helmet.

Fact: Wait! That's just the point! Helmets make it easier for motorists, pedestrians, and other bikers to see you. If everyone can see you, they won't run into you.



ALWAYS WEAR YOUR HELMET WHEN RIDING AND STAY SAFE!

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