**BENEFITS OF BIKE HELMETS**

- Safe Kids USA states “Helmets can reduce the risk of brain injury by as much as 88%.”
- NHTSA believes helmets are the most effective way of protecting yourself from head injuries.

**Safety Tips for Parents and Kids**

- Start wearing a helmet from the beginning – biking, skiing, skateboarding, so that wearing a helmet is the norm.
- Purchase an approved helmet – look for the sticker inside.
- Adjust straps so the helmet cannot move around.
- Sit the helmet level on the head.
- Replace the helmet every 5 years or sooner depending on the manufacturer’s recommendation.
- Ride bikes on the right side, with traffic.
- Use appropriate hand signals.
- Follow traffic signals.

**Resources**

- [www.aap.org/family/bicycle.htm](http://www.aap.org/family/bicycle.htm)
- [http://kidshealth.org/kid/watch/out/bike_safety.html](http://kidshealth.org/kid/watch/out/bike_safety.html)