For Parents and Caregivers

**HELMET SAFETY**

**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 helmets.

**DID YOU KNOW?**

- 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**

- Make sure your child picks a **bright color** to help drivers see them.
- 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.

**SET THE EXAMPLE**

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/.

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For data sources and additional information visit gaaap.org

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