

**PLAY IT  
SAFE,  
GEORGIA!**

For Parents and Caregivers

# HELMET SAFETY

**Georgia Chapter**

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



## 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/](http://gaaap.org/play-it-safe/).

