For Clinicians

HELMET SAFETY

Why We CARE

75% of bicycle-related fatalities among children under age 18 could be prevented with a bicycle helmet.

220,000+ children under age 18 visit the ED with bicycle-related injuries in the U.S. each year.

9 in 10 bicycle fatalities could have been prevented with a helmet.

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

These days, children ride bicycles and other wheeled toys from a very young age. Protecting their health and safety should start as soon as possible.

Engage parents and caregivers with these conversation starters:

- "Have you shopped for a helmet yet?" Your child should wear one on any wheeled device. If not, I have some pointers—and a handout that tells how to buy one." (Have the Toolkit sheet for Parents and Caregivers at the ready.)

- "Did you know children under 10 can't accurately perceive traffic speed?" They should stick to the sidewalk or bike path—even if you are riding in the street."

- "Children under age 1 should never be bike passengers—even with a helmet." Their neck muscles are too weak to control head movement during a sudden stop, especially with the added weight of a helmet."

Offer to Check Their Helmet

Invite the child to bring their helmet into their next checkup. Take a moment to check it for safety and reinforce how important it is to wear one every time they ride.

Commemorate the milestone—perhaps with the "Stay Safe, Georgia!" sticker that comes with this Toolkit.

The Perfect Fit:
- 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).

Give them the Toolkit sheet for Parents and Caregivers—and point out the sections on How to Play It Safe and How to Choose a Bike Helmet.

REMINd caregivers to look for the CPSC Certified label on the box or helmet.

TELL THEM TO CALL 911

Remind them to call 911 if their child is in a serious accident related to a bicycle or wheeled device.

PLAY IT SAFE

with poison prevention, safe sleep, firearms, burn safety, and more with the Georgia AAP Toolkit—gaaap.org/play-it-safe/.

For data sources and additional information visit gaaap.org

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