

BICYCLE HELMETS



DID YOU KNOW?

- ✓ Most cyclist fatalities occur at locations, other than intersections, between 4 p.m. and 8 p.m.
- ✓ Head injuries cause 43% of deaths in children between the ages of 5 and 9.
- ✓ 70%-80% of all bicycle fatalities involve head injury.
- ✓ Last year, almost one-third of bicyclists killed in traffic accidents were between the ages of 5 and 15. The fatality rate for this age group is nearly double that for all bicyclists and the injury rate is nearly three times higher.
- ✓ The majority of children's bicycle injuries do NOT involve cars, but occur from falls on driveways, sidewalks and bike paths.
- ✓ 85% of head injuries sustained in bicycle crashes could be prevented if cyclists wore helmets. Most bicycle helmets are made of extended polystyrene, which is lightweight but very effective at dissipating crash forces.
- ✓ Good quality bike helmets can cost as little as \$15.
- ✓ A properly fitted bike helmet fits snug on the head and is level from front to back, resting just above the eyebrows.
- ✓ A bike helmet provides little or no protection if the chin strap is not properly adjusted and securely fastened.
- ✓ Approved bike helmets will display a sticker indicating conformance with safety standards established by the American National Standards Institute (ANSI) or the Snell Memorial Foundation.



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BICYCLE HELMETS



THE LAW: Who must wear bicycle helmets?

- ✍ All children under age 14 who are either operators or passengers on bicycles. This includes two-wheeled bicycles equipped with training wheels.
- ✍ All child passengers over 1 year but under 5 years must be carried in a specially designed child safety seat. The seat must be securely attached to the bike, equipped with restraints to secure the child in the seat, and designed to protect the child from all moving bike parts.

Important: It is illegal to carry a child under 1 year old as a passenger on a bicycle, even if the child is in a pack fastened to the operator.

PENALTIES:

- ✍ An adult operator of a bicycle may be fined up to \$50 for each child bicycle passenger violation.
- ✍ Parents or guardians are responsible for all bicycle helmet violations by children under age 14. The parent or guardian may be fined up to \$50 for each such violation.

LOW-COST HELMET PROGRAMS:

- ✍ Local Police Department
- ✍ County Health Department
- ✍ County Traffic Safety Board
- ✍ School Board or PTA
- ✍ Hospitals and Health Care Providers
- ✍ Bicycle Shops and Retailers



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