

TRAUMATIC BRAIN INJURY

BICYCLE SAFETY

Bicycle helmets are 85% effective in preventing serious brain injuries, according to NHTSA.

While there is no concussion-proof helmet, a bike helmet can help protect you, your child, or teen from a serious brain or head injury.

BICYCLE SAFETY TIPS

- Protect your head. Wear a helmet. Ensure proper fit and condition.
- See and be seen. Wear bright colored clothing.
- Avoid biking at night. If necessary, ride with reflectors that meet CPSC requirements.
- Stay alert. Always keep a lookout for obstacles in your path.
- Go with the flow. The same way is the right way.
- Check for traffic. Always be aware of traffic around you and yield when appropriate.
- Learn the rules of the road. Obey traffic laws. Bicyclists must obey the same rules as motorists.
- Assure bicycle readiness. Make sure your bicycle is adjusted properly.
- Stop it. Always check brakes before riding.
- Control your bicycle. Always ride with at least one hand on the handlebars.

FITTING YOUR BIKE HELMET

- **SIZE:** Measure your head to determine your size. Place the helmet level on your head. Now adjust the sizing pads or fit ring until the helmet feels snug.
- **POSITION:** Your helmet should sit level on your head about one or two finger-widths above your eyebrows.
- **SIDE STRAPS:** Straps should be adjusted to form a "V" shape under and slightly in front of your ears.
- **BUCKLES:** Center the left buckle under the chin. Most helmets have straps that can be pulled from the back to lengthen or shorten the chin strap.
- **CHIN STRAP:** Buckle the chin strap and tighten until it is snug so that no more than one or two fingers fit under the strap.
- **FINAL FITTING:** The helmet should pull down on your head when you open your mouth wide. The helmet should NOT rock back and forth or side to side. If needed, readjust the straps again to get a proper fit.

WHEN TO REPLACE YOUR HELMET

- Did you crash it? Replace it immediately.
- Did you drop it hard enough to crack the foam? Replace it.
- Is it from the 1970's? Replace it.
- Is the outside just foam or cloth instead of plastic? Replace it.
- Does it lack a CPSC, ASTM or Snell sticker inside? Replace it.
- Can you not adjust it to fit correctly? Replace it.