
Steps to Safety

- A helmet is a necessity, not an accessory.
- Buy the right helmet for the correct sport.
- Children, even small ones riding on tricycles, should wear a helmet. Tricycles are prone to tipping over backwards, so extra protection is needed at the base of the brain. A toddler or tricycle helmet is used for this purpose.
- Helmets should be worn every time and everywhere you participate in wheel-related sports.
- Buy a helmet that meets or exceeds the safety standards. This will be indicated on the helmet.
- A helmet should fit comfortably and snugly, but not too tightly.
- The helmet strap should be secure at all times when in use. No more than one finger should fit between the strap and the chin.
- The helmet should sit level on the head (not tilted back) to provide the proper protection.
- Learn the rules of the road and obey all traffic laws.
- Consider riding on bike paths rather than roadways. Usually you will encounter less traffic on bike paths. This is especially encouraged for children under age 10.
- A helmet should be replaced if it does not fit, is broken or missing parts or every 6 years. The heat and cold degrades the plastic over time and it may not withstand the crash forces.
- A helmet cannot be used without the soft padding. If it becomes lost, replace the helmet or the padding.

- Wear wrist guards, knee and elbow pads for inline skating, scooter use and skateboarding.
- Adults should also wear helmets and other protective equipment. It sets a good example and also provides needed protection.



For more information contact:

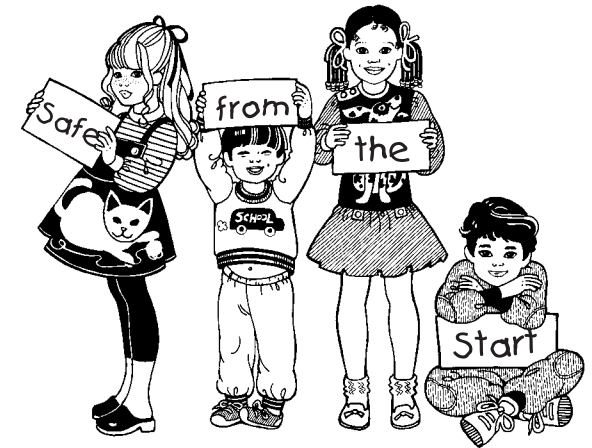
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Wheeled Sports Injury



Traumatic brain injury (TBI) is the leading cause of death in bicycle crashes and is the most important cause of permanent disabilities following such a bicycle crash.

Similarly, a TBI can occur when children are participating in wheeled-related sports such as inline skating, skateboarding and using scooters.

Risk Factors for children 14 and under

Each year nearly 130 children ages 14 and under die in bicycle-related crashes.

Each year over 250,000 children are treated in hospital emergency rooms for bicycle related injuries. Nearly half of these children suffered a TBI.

Annually, more than 175,000 children are treated in emergency rooms for skating, scooter and skateboarding injuries.

Bicycle helmets are appropriate for bicycling only. A multi-sport helmet can be used for bicycling, skateboarding, inline skating and when using non-motorized scooters.

Did you Know?

A fall as little as 2 feet can result in a TBI. This is of particular concern for young children as most parents do not consider such children to be at risk for a TBI while participating in wheel-related sports.

Children ages 10 - 14 are at greater risk for a TBI from a bicycle-related crash, most likely because helmet use declines as children age.

Unfortunately, it is estimated that only 15 -25 percent of kids wear helmets.

Where and When Deaths, and Injuries Occur:

Children are more likely to die from bicycle crashes at non-intersection locations during May to August, and between 3 p.m. and 6 p.m.

The typical motor vehicle/bicycle crash occurs within one mile of the child's home.

Children 4 and under are more likely to be injured in non-street locations around the home (e.g., driveway, garage, yard) than older children.

Bicycle and Multi-Sport Helmet Effectiveness

Bicycle helmets have been shown to reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%. The use of multi-sport helmets also reduces the likelihood of a brain injury in other wheeled sports.

It is estimated that 75% of bicycle-related fatalities among children could be prevented with a bicycle helmet.

Children are more likely to wear a helmet if riding with others who are also wearing a helmet. Adults should be good role models and wear a helmet when participating in wheeled sports, also. Their heads need protection, too!

