



SAFETY TALKS:

Protect Yourself... Wear a Helmet!

What do bicycling, horseback riding, baseball and in-line skating have in common? Helmets! The trick is that different sports require a different type of helmet to help protect participants from the different types of head injuries common to that particular sport.

All helmets are not created equal; beyond picking the right helmet for the sport, buyers should look inside the helmet for information on standards the helmet complies with. Bike helmets for example should carry a CPSC, Snell, ASTM, or ANSI sticker or label.

Fit is key

A loose helmet cannot protect the head as well as one that is properly fit. The Bicycle Helmet Safety Institute suggests buying a brand and size that fits well prior to adjustments, and then using the adjustable straps and/or sizing pads to ensure a snug fit. Select a helmet that fits you or your child now, not a helmet to “grow into.”

Helmets save lives

® According to the Bicycle Helmet Safety Institute, a bicycle helmet reduces the risk of serious head and brain injury by 85%.

® More than 70,000 persons need hospital emergency room treatment each year for injuries related to skateboarding according to the CPSC.

® Head injuries cause three-quarters of about 900 bicycle deaths each year, according to the Bicycle Helmet Safety Institute, a helmet advocacy program of the Washington, D.C.-area Bicyclist Association.

® Another 82,000 people suffer brain injuries each year while playing sports such as baseball and football, etc., according to the Brain Injury Association in Alexandria, Va.

® Brain surgeons and doctors across the U.S. agree that wearing helmets can save lives.