

SAFETY SMART

BICYCLE SAFETY HELMETS:

Selection and Use Guidelines

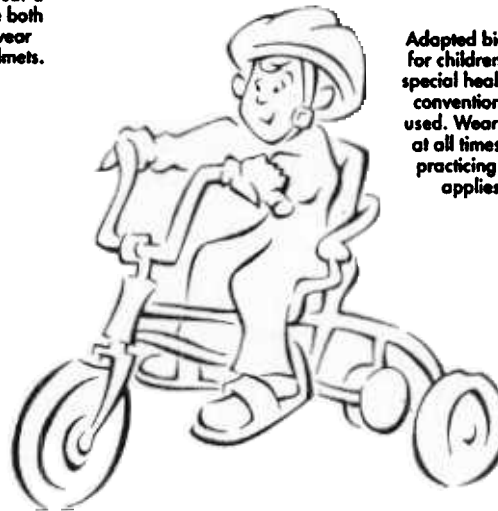


Start helmet use early - even when riding a tricycle or play vehicle. If your child's preschool uses tricycles, work with the school to make helmets available

Wearing a bike helmet is the most important way for your child to stay safe when riding a play vehicle, tricycle, or bike. A helmet can reduce the risk of head injury by 85 percent when worn correctly.



Never transport a baby under age one on a bicycle. A baby does not have the neck strength to wear a helmet. Make sure both adult and child wear properly fitting helmets.



Adapted bicycles are available for children with disabilities or special health care needs, when conventional bikes cannot be used. Wearing a bicycle helmet at all times and knowing and practicing traffic safety rules applies to all children!



Measure completely around head 1 inch above eyebrows to determine proper helmet size



CORRECT
Wear the helmet in a level position so it doesn't rock back and forth or side to side and fits snugly with the strap buckled.



INCORRECT
Straps too loose, helmet too high on forehead and not level with ground.



Riley Hospital for Children
Community Education and
Child Advocacy Department

1-888-365-2022
www.rileyhospital.org/kids1st



Riley
SafetyStore