

Helmet and Wheeled Sports Safety for Parents



Bicycle injuries and deaths affect children and young people more often than any other age group¹. Helmets are one of the most effective safety measures children should use to prevent injuries, no matter where a kid is riding or how old they are. Without a helmet, children are at great risk for severe head injuries – in fact, 75% of bicycle-related fatalities among children could be prevented with a bicycle helmet². Even when riding tricycles or other wheeled toys, children are at great risk for head injury or fractures³. It is important for children to learn the importance of wearing helmets and exercising caution when riding scooters and tricycles in order to prevent injury, and to build good habits as they progress to bicycles or other wheeled sports.

Parents play a vital role in ensuring children stay protected by developing good helmet-wearing habits. Encourage children to wear helmets by allowing them to personalize or decorate their helmets, and make them non-negotiable any time your child uses a wheeled toy. Be a good role model for your child by wearing a helmet any time you participate in wheeled sports.

How to Properly Fit a Helmet

Making sure your child's helmet fits properly is an important step in keeping them safe. A helmet should sit on the top of the head in a level position and should not rock forward, backward, or side to side. Helmet straps must always be buckled. Using an adjustable helmet can be useful to make sure your child's helmet fits correctly even as they grow.

- **EYES:** Position helmet on your head. Look up and you should see the bottom rim of the helmet, this should be 2 finger widths above your eyebrows
- **EARS:** Make sure the straps of the helmet form a "V" under your ears. The strap should be snug.

¹ Helmet use and bicycle-related trauma injury outcomes

² Nearly 50 Children Visit Emergency Departments Every Hour Due to Injuries on Bikes, Scooters, Skates and Skateboards (Infographic)

³ Tricycle Injuries Presenting to US Emergency Departments, 2012-2013

- **MOUTH:** Open your mouth as wide as you can. Does your helmet hug your head? If not, tighten the straps and make sure the buckle is flat against your skin.



Wheeled Sport Safety Tips

Any time your child rides a scooter, tricycle, or bike, make sure to do the following:

- Actively supervise your child, especially if they are riding near a street
 - Good places to ride include parks, enclosed areas, and bike paths
- Encourage your child to:
 - Wear closed-toe shoes
 - Always ride with their hands on the handlebars
 - Ride where it's flat and smooth
 - Wear bright clothing so they can be seen by other people
 - Wear knee pads and elbow pads if using a scooter, rollerskates, or a skateboard
- Do not allow your child to use electronic bikes or scooters if they are under 16
- Check in regularly to ensure your child's vehicles are age and size appropriate

Additional Resources



Bike Safety | CS Mott
Children's Hospital



Bike Safety Tips | Safe
Kids Worldwide