

# Wearing a bicycle helmet can reduce your child's risk of serious head injury by 85%

## Why should my child wear a helmet?

The bicycle helmet is a simple piece of equipment – so simple that it's easy to underestimate its importance. What could be more important than protecting a child's head from the impact of a fall? That's exactly what a helmet does. Because a serious head injury can cause lifelong disability, or death, you should always have your child wear a bicycle helmet when he or she rides. It's an easy and effective way to significantly reduce the risk of head injury.

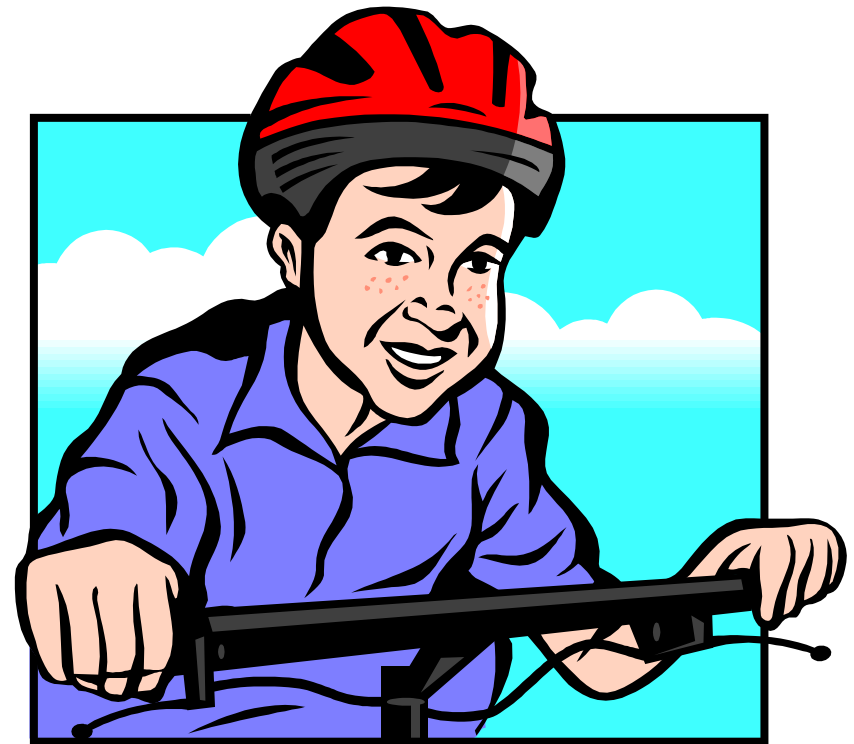
## When should helmets be worn?

Always. Your child should never ride a bike without wearing a helmet. It's that simple. The majority of bicycle accidents, involving children, don't happen with cars. They happen from falls. Falls don't only occur in the street. They also occur in the driveway, on a path, in the park-anywhere, any time. A child on a bike *always* needs the protection of a helmet.

## How should I choose a helmet?

The first thing you should look for when choosing a helmet is an ANSI (American National Standards Institute) or Snell Memorial Foundation sticker. These stickers mean that the helmet has been safety-tested and approved. Never buy a helmet that doesn't have an approval sticker.

A good helmet for children will have a hard outer shell to disperse impact and prevent penetration and an inner liner of shock absorbent material. Adjustable pads inside the helmet are important to assure a proper fit. Do not wear a helmet that does not fit properly. The chin strap must be properly adjusted and kept fastened. Good helmets are light-weight with reflective trim and have excellent ventilation.



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