

# Bike Helmet Safety

Head injuries can happen anywhere. Wear a helmet on every ride.

Children should start wearing helmets as soon as they start riding things with wheels.

Be sure your helmet has a label that says it meets the safety standards of the Consumer Product Safety Commission (CPSC).

When you ride a bike, always wear a bike or multisport helmet that meets CPSC standards for bike helmets. Do not wear other types of helmets. They are designed for different types of impact.

Helmets should fit on top of your head. It should cover your forehead without moving or sliding. The chin strap should be fastened and snug.

Letting your child choose the helmet design may encourage them to wear it.

The most important factor in whether a child wears a helmet is whether the adult they are with wears a helmet.

Never let your child ride without a helmet. If you do, they will believe helmets are not important.

Do not resell, donate, or buy a used bike helmet. It may be too old to give good head protection.

Hard shell helmets protect better against sharp objects. They are sturdier but are heavier and warmer.

Soft shell helmets are lighter and cooler. They must keep their cloth cover to hold together in case of impact.

Head injuries are at least 45% less likely if a bicycle rider is wearing a helmet.

The risk of brain injury is 33% less if a child is wearing a helmet.

A helmet reduces injuries to the face by 27%.

Children are 29% less likely to die in a crash if they are wearing a helmet.

Always retire and replace a helmet after a crash.

If you're not sure if you should use a helmet, throw it out.

Babies under 1 year of age should not be on a bike or wear a helmet due to their weak necks.

