



# HELMET SAFETY

We all know a helmet will protect our brains from a serious head injury. But helmets only work when you wear them. And it's important for everyone to wear helmets, not just young children. Unfortunately, here at the Hospital we commonly see older kids coming in with serious injuries who were not wearing their helmet. As your child gets older and more independent, continue to enforce a helmet rule every time they ride.

**Choose a helmet:** There are many different types of helmets available for a range of activities. Make sure your child has the right kind of helmet for the sport or activity they are playing. Get the right fit: Make sure your child's helmet fits and is worn correctly. [Click here](#) to see the steps to properly fit a helmet

**Use your head, wear a helmet:** It's up to you to make the safety rules for your child. As your child grows, they will be more influenced by peers who may not have to wear helmets. Be sure to set your rules while children are young and enforce them. If your child refuses to wear their helmet, then don't let them ride their bike or other activity.

**Set by example:** Children learn by watching and modeling their parents. Set a good example and wear your helmet, even if you didn't as a kid.

**Know the laws:** In NY, children under age 1 year are not allowed to be transported on bicycles. In Suffolk County, all children up to 18 years must wear a helmet when riding a bike, scooter, skateboard or skates.

**A note about ATVs:** All terrain vehicles (ATVs) are not safe for children. The American Academy of Pediatrics recommends that no child under age 16 ride an ATV of any size.

For more information on helmet and bike safety, please visit: [www.safekids.org/bike](http://www.safekids.org/bike)



## Does your helmet fit properly?

Take the Helmet Fit Test

1



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

**Now you're ready to roll!**