

Helmets Prevent Serious Head Injuries

Because 75% of all bicycling-related deaths are the result of head injuries, 85% of all head injuries are preventable when your child wears a helmet.



As of March 1999, all bicycle helmets made in or imported in the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). Look for the CPSC label or sticker that says the helmet meets the new standard.



DEPARTMENT OF PUBLIC SAFETY
AND



Office of Highway Safety
Department of Commerce & Regulation



For more information contact:
South Dakota EMS for Children
605-328-6668

www.state.sd.us/dps/hs/DTYM/index.htm

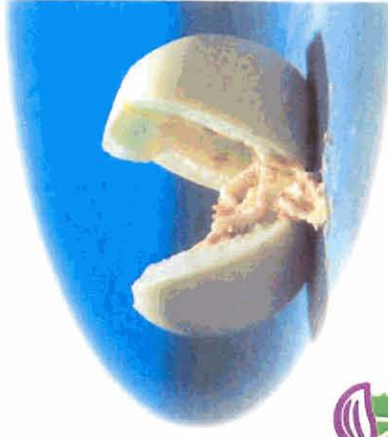
**Don't Thump
Your Melon.
Wear a Helmet.**

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Wear a Helmet



**Choose a Safe
Helmet Design
that your
Child Likes.**

The Right Fit Means the Right Protection...

First, get the right size. Let your child try the helmet on. They come in sizes from Small to Extra Large. Each size fits a range of head sizes. Find one that fits comfortably and doesn't pinch. Then, use the foam sizing pads included with the helmet to fine tune the fit.

Adjust the straps for a snug fit. The helmet should cover the top of the forehead and not rock back and forth or from side to side.

Helmets have adjustable straps to help you get them level and snug.



WRONG



WRONG



RIGHT

Teach Your Child the Value of Wearing a Helmet.

✓ Let your child pick out the helmet.

✓ Remind your child to always wear a helmet when bicycling.

✓ Praise and reward your child each time it's worn.

✓ Wear your own helmet.

✓ Begin the helmet habit with the first bicycle.

✓ Encourage other parents to buy helmets.

Don't Thump Your Melon. Wear a Helmet.

