

# ePrevent

Public Safety Announcement - May 2015

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## • WHY Wear a Helmet?

- Wearing a bike helmet during a crash can reduce the chances of brain injury by 88%.
- Without a helmet even a low speed fall can cause a serious head injury or death.
- 75% of all bike-related injuries and deaths involve some type of head trauma.

## BICYCLE HELMETS

With summer weather approaching, now is the time to check your bike helmet to be ready for biking activities.



### How to Choose the Correct Helmet

There are many different types of helmets. It is very important to choose the helmet that is made specifically for your activity. Helmets are designed to give protection from head injuries that are common for the activity they are sold for. For example, a helmet made for biking may not have adequate protection for downhill skiing.

- ✓ Choose a helmet that meets the specific standards set by the CPSC (Consumer Product Safety Commission). Prior to purchasing any helmet make sure you locate CPSC on the label. The CPSC label on a helmet certifies the helmet has been tested and withstood certain levels of impact and will give adequate protection. Check for recalls on specific helmets prior to purchase.
- ✓ Make sure the helmet sits level on the head and has a fit that is not only snug but is also comfortable.
- ✓ The brim of the helmet should sit not more than an inch above the eyebrows, it is made to cover the forehead therefore, protecting the brain.
- ✓ Adjust the chinstraps so the helmet stays in place if it is tugged forward or side to side.
- ✓ Make sure the chinstrap is always buckled.
- ✓ Test the chinstrap buckle so it will not shake open and test it to make sure it will not be ruined by impact.
- ✓ The helmet should not tilt backwards and should be tight enough that it will not move.
- ✓ Always replace a helmet that is five years old or has been used during a crash.

## Minnetonka Police Department

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