Ann & Robert H. Lurie
Children's Hospital of Chicago®

Helmet Safety

Every hour, nearly 50 children visit the pediatric emergency room with an injury related to biking, scootering, rollerblading or skateboarding. Children often have slower reaction times, making it more difficult for them to break their fall. In many cases, it's not a matter of if a child will fall while engaging in wheeled sports, but when. Ensuring your child wears a well-fitting helmet whenever they ride is the best way to prevent injury, and in some cases, death.

FACTS AND STATS

- Serious or fatal injuries involving wheeled sports do not only occur in the presence of vehicle traffic. Injury can occur any time the head hits a hard surface.
- Serious head injuries due to wheeled sports account for 11% of pediatric ED visits.
- Wearing a helmet decreases the likelihood of severe brain injusry by 88%.
- Parents may perceive scootering as less dangerous, yet 19% of pediatric hospital visits involving scooters in 2015 were due to head injury.
- Children with parents who wear a helmet are more likely to wear one as well.

SAFETY TIPS

- Make sure your child wears a helmet for All wheeled sports activities: biking, scootering, skateboarding & rollerblading.
- Make sure your child wears the right size helmet. It should not rock forward and backward nor side to side.
- The strap on the helmet should form a "V" under the ears.
- When possible, ride on the sidewalk. If not, ride in the same direction as traffic as far to the right side as possible.
- Be aware of surroundings. Look out for obstacles, cars & people.

IF YOU DON'T HAVE A HELMET, ASK A NURSE!

Safe Kids WORLDWIDE®

SAFEKIDS.ORG

THE AMERICAN ACADEMY OF PEDIATRICS®

AAP.ORG