

***Many bicycle crashes involve a brain injury. Wearing a helmet could prevent permanent brain damage or death.***

***Many injuries happen in predictable, preventable ways.***

***Never let your child ride without a helmet. Be a role model and wear a helmet when you ride.***

## Bicycle-Related Injuries

- Nearly 150 Oklahomans are hospitalized each year for bicycle-related injuries.
- In 2011, more than 300 pedal cyclists (including bicycles, tricycles, etc.) were involved in traffic crashes on Oklahoma roadways. More than one-third of these crashes involved children age 18 and under, and more than one-third occurred in a residential setting.
- From 2006-2010, 27 Oklahomans died of bicycle-related injuries.
- National estimates show 15-25% of children wear a helmet while riding a bicycle.
- Three-fourths of fatal head injuries to children riding bicycles could have been prevented with a helmet.
- In the US, every \$11 spent on bicycle helmets yields \$570 in benefit to society.

### Prevention

- Choose the right size bicycle for each child – not one to grow into.
  - Children should be able to sit on the seat with their feet flat on the ground.
  - Handlebars should be within reach, and hand and foot brakes easily operated.
- Never let your child ride without a helmet.
- Be a role model and wear a helmet when you ride.
- Children should wear brightly-colored clothing to be more easily seen by motorists.
- Equip your child's bike with:
  - Reflectors on the side and rear of bicycle
  - A fluorescent flag on a pole
  - A horn or bell
- Never allow children to ride double.
- Teach your children to obey all road signs and traffic signals.
- Children should walk their bicycles across busy intersections.
- Children should ride single file on the side of the road, with the flow of traffic.
- Use bike trails or sidewalks whenever possible.

### Internet Resources

- Bicycle Helmet Safety Institute (<http://www.bhsi.org/>)
- Kids Health: Bike Safety for Kids ([http://kidshealth.org/kid/watch/out/bike\\_safety.html#cat116](http://kidshealth.org/kid/watch/out/bike_safety.html#cat116))
- Kids Health: Bike Safety for Parents ([http://kidshealth.org/parent/firstaid\\_safe/safe\\_play/bike\\_safety.html#cat20889](http://kidshealth.org/parent/firstaid_safe/safe_play/bike_safety.html#cat20889))
- Safe Kids USA: Bicycling and Skating Safety (<http://www.safekids.org/safety-basics/safety-resources-by-risk-area/bicycling-and-skating/>)

***Live Injury-Free!***