

It's the Law.

Effective January 1, 2001, a new bicycle helmet law will require children ages 15 and under to wear a helmet while riding a bicycle. Violators will be assessed a fine of \$40.

The National Highway Safety Administration recommends that bicyclists wear a helmet that complies with standards of the Consumer Product Safety Commission (CPSC).

Properly fitting a bicycle helmet to your child's head is as important as having your child wear one. Here are a few tips to ensure that a bicycle helmet is worn correctly:

- ◆ First, choose the right size. The helmet should be snug without squeezing.
- ◆ Extra padding is provided to make the helmet snug around the head, so it doesn't slide down over the bridge of the nose or back away from the forehead.
- ◆ Adjust the "V" of the strap below the ears so that the chin strap rests just below the ear lobes.

Bicycle Helmet Facts:

- ◆ Kids learn by example, so adults should also wear bike helmets every time they ride bicycles.
- ◆ Using a bike helmet can reduce the risk of head injury by 85 percent.
- ◆ The price of a good bike helmet costs as little as \$15 compared to the estimated lifetime cost of a traumatic brain injury, which can exceed \$4 million.
- ◆ If all bicyclists wore their helmets, one head injury would be prevented every four minutes, and one life would be saved every day.

You Make a Difference

Most children's bicycling accidents occur in their own neighborhoods. Bicycle helmets provide good protection in case of a crash, but avoiding a crash is even better. Parents can teach children to understand how traffic patterns work, but more importantly, motorists can help by driving conscientiously, as well as driving the speed limit through neighborhoods. Help make our neighborhoods a safer place for our keiki.



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