

5 Helmet Safety Rules to Protect Your Head

Want to protect your head and brain?² Always wear a helmet when there's a risk of injury.

1. You should wear a helmet if you...

- Ride a bike, skateboard, scooter, motorcycle, ATV, or horse
- Play baseball, football, or softball
- Rock climb, roller blade, snowboard, white water kayak, or ski (downhill and water)
- Work on a construction job site
- Do anything else where it's normal for helmets to be worn to prevent head injuries

Hard hats:
Know the facts
tinyurl.com/yxhvtxza

2. Get the right fit to protect your head

A loose helmet won't protect your head as well as one that fits snugly. Here's how to get the right fit:

- Buy a brand and size that fits well prior to adjustments.
- Use the adjustable straps and/or sizing pads to ensure a snug fit.
- If your helmet has a chin strap (most do), use it. Make sure it's buckled and secure.

How to:
Fit a bicycle
helmet
tinyurl.com/yxuv7fly

3. Wear it for safety, not style

- Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.
- Make sure the helmet fits snugly and does not obstruct your field of vision. Remember: you wear a helmet to keep your brain safe, not as a fashion statement.

Video:
Motorcycle
helmets: Get your
head into it
tinyurl.com/y2x2kblh

4. Check your helmet before you go

- Try twisting and pulling on the helmet to see if you can remove it from your head or loosen the buckle on the strap. Check it before you go.

5. Know when to replace your helmet

- Most helmets should be replaced every 3 to 5 years. Materials used in the helmet weaken and break down over time. Do not use a helmet after it has been in an accident. Damage to the helmet may not be visible to an untrained eye. Even very small cracks in the helmet may keep it from being as effective in preventing injury.

Wearing a helmet matters:

70% Amount the risk for serious head injury drops when a motorcyclist wears a helmet



1,000

Annual number of bike-related deaths in the U.S. caused by head injuries

\$78,183

Average medical costs for a work-related head injury



28

Number of states that require motorcyclists to wear helmets

65,000

Number of work-related head injuries in the U.S. each year



900,000

Average number of people who bike to work in the U.S.



Every 15 Seconds

Frequency a traumatic brain injury occurs in the U.S. Many brain injuries could be prevented by wearing a helmet.

References

- Hurford, M., (2017). The bike helmet that saved my life. *Bicycling*. From: <https://tinyurl.com/y2qbbxvo>
- Centers for Disease Control and Prevention. (2015). Head injuries and bicycle safety. From: <https://tinyurl.com/yyz5nnjg>
- Oliver, J., et al. (2016). Bicycle injuries and helmet use: a systematic review and meta-analysis. *International Journal of Epidemiology*, 46(1): 278–292. From: <https://tinyurl.com/yxkr3wwn>

Keep your head safe

Thousands of people are injured or killed each year because of head injuries. In many cases, they're not wearing a helmet when they should be. Don't be one of them. Keep your head safe. Wear a helmet. It could save your life.