

**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.

**Live Injury-Free!**

## Bicycle-Related Injuries

- Nearly 150 Oklahomans are hospitalized each year for bicycle-related injuries.
- In 2015, nearly 350 pedal cyclists (including bicycles, tricycles, etc.) were involved in traffic crashes on Oklahoma roadways. Three out of ten crashes involved children age 18 and under, and more than 40% occurred in a residential setting.
- From 2011-2015, 30 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/>)