

HELMETS AND BIKES, SKATES & SKATEBOARDS QUIZ

Answer Yes or No to each statement.

1	Helmets can reduce the possibility of you injuring your brain in the case of a fall by 85%
2	People over 17 don't need to wear a helmet.
3	A cheap helmet is as safe as an expensive one as long as it has the CPSC or SNELL certification.
4	I can be fined \$25.00 for not wearing a helmet when on my bike, skateboard or roller-skates.
5	More kids ages 5-14 go to the hospital emergency departments with injuries related to biking than with any other sport.
6	A loose chin strap is safe because it allows my helmet to slip down backwards from the top of my head to protect my neck.
7	Helmets should be taken off a child's head if he/she starts another activity such as going on playground equipment because it could become entangled in the frame and hang the child.

Answers: 1) Yes 2) No 3) Yes 4) Yes 5) Yes 6) No 7) Yes

For additional information, please visit:

www.state.nj.us/transportation
www.njsaferoads.com
www.njmvc.gov
www.aaa.com
www.bianj.org

or email:

nj.safety@fhwa.dot.gov

Somerset County Traffic Safety Alliance
www.sctrfficsafety.com

THE 12 MONTHS OF TRAFFIC SAFETY

The 12 Months of Traffic Safety is a campaign to increase public awareness of traffic safety issues. Different traffic safety issues will be highlighted each month of the year. Campaign issues include:

Aggressive Driving

Bus and Train Safety

Child Passenger Safety

Drive Safely in Inclement Weather

Driver Inattention

Drowsy Driving

Drunk Driving. Over the Limit. Under Arrest.

Helmets & Wheels

Intersection Safety

Motorcycle Safety

Occupant Protection

Pedestrian & Bicycle Safety

School Bus Safety

Senior Safety

Truck Safety

Work Zone Safety

Young Drivers

Sponsored by:

United States Department of Transportation
New Jersey Department of Transportation
New Jersey Division of Highway Traffic Safety
New Jersey Motor Vehicle Commission
New Jersey State Police
New Jersey State Association of Chiefs of Police
Insurance Council for New Jersey
AAA Clubs of New Jersey
Brain Injury Association of New Jersey

HELMETS AND WHEELS



**"I WOULD NOT FLY THE FIGHTER
OR RIDE MY BIKE WITHOUT MY HELMET!"**

— LT. COMMANDER E. NANARTOWICH, NAES AIR OPERATIONS —

REMEMBER
**A HELMET IS A NECESSITY,
NOT AN ACCESSORY!**

HELMETS

Why wear a helmet?



The brain is the most important part of your body and it needs to be protected!

Brain injuries **DO NOT** heal like a broken bone, torn muscle, or cut skin.

There is no cure for a brain injury, and the effects of a brain injury can last a **lifetime**.

Nationally, almost 200,000 people sustain brain injuries annually while participating in wheeled sport activities such as riding a bicycle, scooter, skateboard or roller blades/skates. (BIANJ)

Helmets are the single most effective safety device available to reduce brain injury and death by nearly 90%. (NE Journal of Medicine)

What causes a brain injury?

An injury to the brain is caused by an outside force or object striking the head causing the brain to no longer function properly. A fall from a bicycle, skateboard, scooter or skates can result in a brain injury as the head hits the ground, or other object, such as a car.

A brain injury often changes everything about a person in a matter of seconds. It can affect the way a person thinks, acts, and feels for the rest of his/her life.

Who should wear a helmet?

New State Law

Effective March 1, 2006, New Jersey State Law requires that children **under the age of 17** wear a helmet while bicycling, skateboarding or roller-skating.

Bicycle riders from participants in the Tour De France to the casual rider wear a helmet to protect their brains in case they fall.

The best skateboarders wear helmets and other pads to protect their brains, arms and legs in case of a bad fall.

People who play baseball, football, ice hockey, and even skiers make a helmet a required part of the uniform to prevent brain injuries.

Failure to wear a helmet when riding a bike, skateboard or roller skates/blades may result in a \$25.00 fine for the first offense.

What is a properly fit helmet?

The helmet should fit directly over the forehead, two fingers above the eyebrows. The straps snap snugly under the chin and form a "V" on either side of the ears. The helmet should fit snug, but comfortable.

To test fit: With helmet on head, walk up to a wall. **The front of the helmet should touch the wall – your nose should not!**



How do I choose a helmet?

Helmets are available in many different styles, sizes and price ranges. Choose a helmet that is comfortable and the proper fit as mentioned above. Check the helmet and the box it comes in and for a safety certification by CPSC or SNELL.

How to get people to wear helmets?

- Education about the risks of brain injury and its consequences.
- Encourage parents, adults, friends and community members to wear their helmets.
- Enforcement by parents and police officers to adhere to the law.
- Choose a helmet you like.

When do I replace my helmet?

A helmet's condition should be evaluated often. You need to replace your helmet when it no longer fits properly or has become damaged. Scratches are okay, but cracks or crumbling foam cushioning material means you need a new one.

Use your mind to protect your body and brain. You need to make the right choices. Injuries are not caused by accident. They can be prevented.

ESTIMATED HEAD INJURIES TREATED IN HOSPITAL EMERGENCY ROOMS BY SPORT

1. Bicycle	151,024
2. Baseball	63,234
3. Football	51,953
4. Skateboards	18,743
5. Scooters	15,622

(2004 US Consumer Product Safety Commission, Nationally)