

Lesson 2: Bicycle Helmet Safety

Parent/Guardian Instructions:

- Review the “Bicycle Helmet Safety” lesson.
- Have your child (ren) complete the hidden picture activity.
- Have your child (ren) wear bicycle helmets every time they ride. Set a good example by doing the same.

Bicycle Helmet Safety Background:

The objective of this lesson is to demonstrate the importance of wearing a bicycle helmet. Most bicycling deaths and serious injuries are due to head injuries. Studies show that wearing a bicycle helmet can reduce the risk of head injury by 85% and the risk of brain injury by 88% in bicycle accidents.

Parent/Guardian and Child (ren) Activity:

Lesson Discussion:

Every time you ride your bike you should wear a bicycle helmet certified to one of the following standards; CPSC, Snell or ASTM. There are many types of injuries that can occur without wearing your helmet. Just by falling a few feet from a standing bicycle you can receive a severe head or brain injury. These types of injuries can cause permanent damage such as loss of speech, sight, paralyzation or death.

Practice:

We are going to demonstrate the effectiveness of a bicycle helmet with representation of a tomato wrapped in plastic. Please discuss with your child (ren) how the tomato represents the head and how the helmet protects it from injury. Then wrap a tomato in plastic wrap and tape it in an old bicycle helmet. Drop the helmet from above your head onto a hard flat surface (such as a driveway or sidewalk). The tomato will not break. Next, take the tomato out of the helmet and drop it on the sidewalk without the protection of the helmet. The tomato will shatter (the plastic wrap will prevent the tomato from scattering everywhere).

Make sure that your child’s (ren) helmet fits correctly. The helmet should sit level on the head (a properly sized helmet will move the skin on the forehead when the helmet is tilted gently back and forth) with the chin strap fitting snugly (with room for one finger to fit between the strap and under the chin when the mouth is open). Review your bicycle helmet owner's manual if you are unsure of a correct fit.

Parent/Guardian and Child (ren) Activity:

- The requirements for this activity include scissors and tape. Have your child (ren) cut out the shapes and the slits on the top of the helmet and tape the pieces together to make a miniature 3-D helmet.