



Brain Injury Association of Missouri  
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## **Bicycle Helmets Make Sense!**

### ***Did you know....***

- Approximately 4,500 bicyclists were killed in 2000, another 38,000 were injured.
- Brain injuries account for 63% of bicycle fatalities of children under the age of 19.
- Almost 250,000 children under the age of 16 are treated in emergency rooms for bicycle-related injuries.
- One in seven children receive a brain injury in bike-related incidents.
- More than 40% of all bicycle-related deaths were due to brain injury.
- More children die each year from bicycle injuries than from accidental poisoning, falls, firearm injuries and many illnesses.
- Bike helmets reduce the risk of brain injury by almost 90%.



### **ALWAYS WEAR YOUR HELMET WHEN BICYCLING , SKATEBOARDING OR RIDING AN ATV!**

- Do not use a helmet after it has been involved in an accident. Even very small cracks in the helmet may greatly reduce a helmet's effectiveness in preventing brain injury.
- Make sure your helmet fits properly and meets safety standards. No combination of twisting or pulling should remove the helmet from the head or loosen the buckle from the strap.
  1. Wear the helmet flat on top of your head.
  2. Make sure the helmet fits snugly and does not obstruct your vision.
  3. The front of the helmet should be an inch above the eyebrows.
  4. Always wear the helmet with the chin strap firmly buckled.



For more information on the Brain Injury Association of Missouri, call 314.426.4024 or 800.444.6443.

### **BRAIN INJURY ASSOCIATION OF MISSOURI**

#### **MISSION:**

The mission of the Brain Injury Association of Missouri is to reduce the incidences of brain injury; to promote acceptance, independence, productivity of persons with brain injury; and to support their families.