



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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May is... Bicycle Helmet Safety Month

The importance of bicycle helmet safety is to protect children and adults from injuries to the face, head or brain.



Helmet How-To:

1. Make sure that inside your helmet has a (CPSC) sticker.
2. Make sure your helmet fits properly. It should not be too big or too small.
3. Have helmet rest flat on your head. Resting low on forehead, no more than two fingers widths above eyebrows.
4. Have straps on helmet fastened and adjusted properly.
5. Have helmet replaced after crash or if it's cracked.

Bicycle Checklist:

- Make sure seat, handlebars and wheels are tight.
- Check bike chain regularly, oil chain when needed.
- Check the brakes to make sure they work and don't stick
- Make sure bike tires have enough air and pressure.

For additional information about bicycle helmet safety check out: http://kidshealth.org/kid/watch/out/bike_safety.html#

Did you know?

Robinson Memorial Hospital Emergency Department reports that in 2011, 26% of bicycle accidents in the emergency department did not report safety bike helmet use. In 2012, 33% did not report safety bicycle helmet use.

Head injuries should be taken serious because it can lead to concussions, permanent brain damage or even death.



Be Seen...Stay Safe!

- Wear bright colors when riding a bike.
- Put reflectors on your bike so it can be spotted easily by drivers.
- The safest time to ride your bike is during the day.
- Make sure clothing such as loose pants, shoelaces, or backpack straps cannot get caught in bike chain.
- Wear sneakers while riding bicycle. Do not wear flip flops.
- Avoid wearing headphones; distractions can impair hearing.
- Keep eyes on the road at all times and watch out for hills and road obstacles that could cause a fall.

For more safety tips visit : <http://kidshealth.org/kid/watch/out/>

Questions or Comments?

Contact Us!

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