

BIKE HELMETS SAVE LIVES

Statistically speaking, you are **five times** more likely to die as a result of a Traumatic Brain Injury (TBI) if you choose not to wear a helmet while riding a bike.

Delaware is one of 21 states that requires all bicycle riders under the age of 18 to wear a helmet. Local law enforcement officers can fine non-compliant riders (or their parents) for violation of this law.



FOR MORE INFORMATION

Delaware Bicycle Council

A Division of DelDOT, dedicated to promoting and enhancing bicycling in Delaware

P.O. Box 778
Dover, DE 19903
(302) 760-BIKE
www.bike.deldot.gov

Insurance Institute for Highway Safety

Statistical Information, State Guidelines

1005 N. Glebe Road, Suite 800
Arlington, VA 22201
Phone: (703) 247-1500
Fax: (703) 247-1588
www.iihs.org

CONTACT US

Brain Injury Association of Delaware

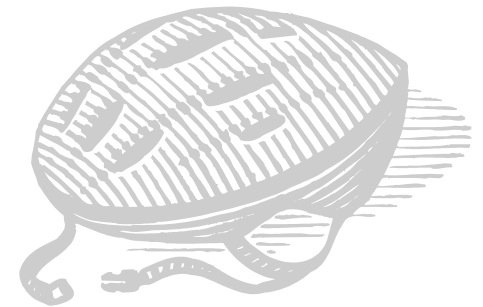
Phone: (800) 411-0505
Fax: (888) 258-3694
E-mail: biadresourcecenter@cavtel.net



Brain Injury Association of Delaware

THE IMPORTANCE OF WEARING A BICYCLE HELMET

A FAMILY GUIDE



TEL: (800) 411-0505

TRAUMATIC BRAIN INJURY CAN BE PREVENTED!

Traumatic Brain Injury (TBI) can result from a blow or jolt to the head, and can disrupt the functions of the brain.

Brain injury is a life-altering event that affects virtually every aspect of a person's life—including leisure and exercise.

Physical Changes

Often, persons with brain injury experience changes in behavior and cognitive ability. But physical changes can also occur. These frequently include:

- Loss of balance
- Loss of vision (or inability to focus)
- Paralysis
- Coma
- Seizure disorders
- Muscle spasticity
- Reduced endurance.

For an avid bicyclist, these changes could mean the end to a beloved lifestyle. For others, it may mean lack of personal mobility or transportation....how do you use your bicycle?

MAKE SURE THAT THE HELMET YOU CHOOSE MEETS THE STANDARDS OF THE CONSUMER PRODUCT SAFETY COMMISSION.

Helmets are the most effective method of prevention of TBI in bicyclists.

1. Prior to purchasing your bike helmet, measure your head above the eyebrows. Place the helmet on your head and try to move it around.
2. Adjust the fit with the interior pads. You may need to combine thick and thin pads for the best fit. Move the helmet from side to side, then front to back. It should not move around.
3. Adjust all straps (front, rear, and chin) to make the helmet snug. The front and back straps should make a "V" that comes together just under the ear. Buckle the strap.
4. Shake your head. There should be very little movement. The strap should feel tight but should not cause discomfort. You should be able to slide a finger under it.

Remember, your helmet won't last forever!

- Check the fit of your helmet every time you ride.
- Replace a helmet that you have outgrown.
- Replace a helmet that has sustained damage.
- Don't store helmets in a hot car or garage.

Brain Injury Statistics

- Annually, 1.4 million people sustain a Traumatic Brain Injury (TBI) in the United States.
- Approximately 1,375 people are admitted to Delaware hospitals every year with TBI. This number includes more than 150 children from birth to age 14.
- Brain injury is the number one cause of death and disablement of children in the United States.
- There is no cure for brain injury.
- Nationwide, 92% of bicyclists killed in 2007 reportedly weren't wearing helmets.
- Bicyclist deaths are most likely from June to July and September to October, between the hours of 6:00 p.m. and 9:00 p.m.

References:

- Brain Injury Association of America
- Delaware Bicycle Council
- Insurance Institute of Highway Safety
- Center for Disease Control (CDC)
- Delaware Department of Public Health