

Helmet Fitting

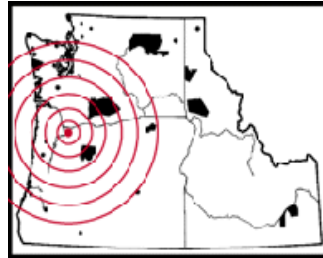
- Put the helmet level on the head. Put the Y fitting where the front and rear straps come together just under the ear.
- Adjust the rear (neck) straps, then the front straps to keep the Y in place.
- Helmets can also be adjusted by using extra padding provided with the helmet.
- A snug fit is a good fit!

Helmets should be selected based on the following:

- Sport or activity
- Age of child



Developed by the
Tribal Epidemiology
Center Consortium



Northwest Tribal Epidemiology



**Protecting yourself, your
family and your
community**



This publication was supported by Award Number U50 MN024133 from the Centers for Disease Control through a Cooperative Agreement with the Tribal Epidemiology Center Consortium. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.



*Protecting yourself, your
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community*



HELMET
SAFETY
on
TRIBAL
LANDS

Protect Our People, Wear a Helmet

Biking is fun, easy and great exercise for children. The best way to prevent bicycle-related deaths and injuries is to wear a helmet.



Luckily the person wearing this bicycle helmet walked away from what could have been a deadly injury on his bicycle.

60% of child deaths related to bicycles occur on rural roads ¹

AN ESTIMATED 90% OF CHILDREN DO NOT WEAR HELMETS ON RURAL LANDS ^{2,3}

I never had to wear one, why should I worry about my children?

As Indian people we have a responsibility to ensure the health and wellness of our future generations. Helmets are one of the ways we can reduce serious or deadly injuries:¹

- **reduce head injuries 85%**
- **reduce brain injuries 88%**



To make it fun, encourage youth to decorate their helmets with local tribal stickers and designs.

Where to find a helmet?

Good helmets can be found at almost any local department store. A good shopper can find a helmet for as little as \$7.

- Many local tribal health clinics may also provide free or reduced-price helmets so check with your clinic first!

Helmets are very important; take the time to make sure your child has one.

Wear a Helmet for Every Ride!!



¹National SAFE KIDS Campaign (NSKC). Bicycle Injury Fact Sheet. Washington (DC): NSKC, 2004. http://www.usa.safekids.org/tier3_cd.cfm?folder_id=540&content_item_id=1010. Accessed 2/7/2008.

²Harlos S., Warda L., Buchan N., Klassen T.P., Koop V.L. and Moffat M.E.K. 1999. Urban and rural patterns of bicycle helmet use: factors predicting usage. *Inj. Prev.* 5, pp. 183–188.

³Bicycle Helmet Safety Institute. *Helmet Related Statistics from Many Sources*. <http://www.bhsi.org/stats.htm>. Accessed 2/7/2008.