USE YOUR HEAD
WEAR A HELMET
Presentation Overview

- FL SRTS Overview
- Helmet Importance - The Why
- Stats of helmets reducing head injuries
- The brain picture
- The brain FL Bicycle helmet program - UF Resource Center
- Teaching strategies/techniques
Safe Routes to School

- FDOT funded and administered through UF and regional programs.
- Provide ped/bike education lessons to be administered in schools and communities.
- Provide “train-the-trainer” workshops where instructors are taught how to teach pedestrian and bicycle safety to children.
Did You know?

• While only 2.4% of all trips taken in the US are by bike, bicyclists face a higher risk of crash-related injury and deaths than occupants of motor vehicles do.
  • Severity of injury
  • Probability of head or brain injury
  • Death
• In 2016, there were 840 pedalcyclists killed in motor vehicle traffic crashes in the United States, an increase from 829 in 2015. Pedalcyclist deaths accounted for 2.2 percent of all motor vehicle traffic fatalities
• Fifty-one percent of bicyclists killed in 2016 were not wearing helmets. Helmet use was unknown for 33%.
Who’s at Risk?

- Non-helmeted riders are much more likely to be involved in a fatal crash than helmeted riders. You are only given one head, protect it.

- Young adults (15-24 years) and adults aged 45 years and older have the highest bicycle death rates.

- Children (5-14 years), and young adults (15-24 years) have the highest rates of nonfatal bicycle-related injuries.
Who’s at Risk?

- Head injuries are the most common and severe form of injury, accounting for more than 60 percent of bicycle-related deaths, more than two-thirds of bicycle-related hospital admissions, and about one-third of hospital emergency room visits for bicycling injuries.

- Children and adolescents between the ages of 11 and 14 reportedly are least likely to use a bicycle helmet (11 percent).
What are the Major Risk Factors?

- Males (88%) are much more likely to be killed or injured on bicycles than females (12%)

- Most bicyclist deaths occur in urban areas (70%) as opposed to rural areas (30%)
• Most deaths occurred at non-intersection locations (61%)
  • Intersections 28%
  • Bicycle Lane 3%
  • Shoulder 6%
  • Other 2%

• Most deaths take place between 6pm and 9pm
• Children under age 5 are more likely to be injured around the home (driveway, garage, yard)
Traumatic Brain Injury is a major cause of death and disability in the United States contributing to about 30% of all injury deaths.
Traumatic Brain Injury: nondegenerative, noncongenital insult to the brain from an external mechanical force, possibly leading to permanent or temporary impairment of cognitive, physical, and psychosocial functions, with an associated diminished or altered state of consciousness.
Can Traumatic Brain Injuries be Prevented?

- Any bicyclist who does not wear a bicycle helmet is at increased risk of head injury.

- Wearing a properly fitted helmet every time you ride a bicycle is one important prevention method.

- While there is no concussion-proof helmet, a helmet can help protect from a serious brain or head injury. Even with a helmet, it is important to avoid hits to the head.
To wear:

- Protect Your Head and Brain
- You’ll Be Following the Law
- Set an Example for Your Children
- Keep Your Head Warm and Dry
- Improve Your Visibility for Others on the Road
- Protect Your Face
- Avoid High Medical Bills

Not to wear:

- There’s no helmet for other body parts
- They make you look awful
- It’s impossible to hit your head when falling off your bike
- Blocks your vision and hearing
- It can give you helmet hair
- Too hot. Makes my head sweaty
A bicycle rider or passenger who is under 16 years of age must wear a bicycle helmet that is properly fitted and is fastened securely upon the head by a strap and that meets the federal safety standard for bicycle helmets, final rule, 16 C.F.R. part 1203.

- As used in this subsection, the term “passenger” includes a child who is riding in a trailer or bike carrier attached to a bicycle.
Before shopping:

- Never buy a used helmet
- Look for:
  - Correct type of helmet
  - CPSC (Consumer Product Safety Commission)
  - Smallest that fits properly (Try in store)
- Not recommended for under 1yr.
- Replace after a major impact.
- Replace as manufacturer recommends.
According to the study: “Age Does Not Affect the Material Properties of Expanded Polystyrene Liners in Field-Used Bicycle Helmets”

Bicycle helmet foam liners absorb energy during impacts. “Based on these data, the impact attenuation properties of EPS foam in field-used bicycle helmets do not degrade with the age.

Helmets can last 10-15 years if stored in a climate controlled environment out of direct sunlight and intense heat.
When to Replace a Helmet

- When it no longer fits
- After a crash
- Wear and tear
- If you don’t know the history
Parts of a Helmet

- Shell
- Molding
- Padding
- Rear Vents
- Chin Strap
- Front Vents
- Ratchet
Steps for a Proper Fit
Fitting and Adjusting your Helmet

1. Open adjustment dial or squeeze tab
2. Helmet sits level on head
   • Leave about 1 - 2 fingers with above eyebrow
3. Straps form “V” under ears
4. Buckled strap is snug under chin (2 fingers fit)
5. Shake Head - Adjust dial/squeeze tab and/or add pads as needed for proper fit
Helmet Sizes

- Toddler 18.11”-19.68”
- Small 19.68”-21.25”
- Medium 21.25”-22.83”
- Large 22.25”-24.75”
- Extra large 23.33”- 24.8”

Remember: Always try, before you buy
You cannot achieve a proper fit with:
We **ALL** need helmets that fit

You never know whose life you may save!
Here are the steps to be a part of the Bike Helmet Promotion Program in Florida:

- Attend a training to become a certified helmet fitter
- Become a Community Partner
- Create a Plan for Distribution of Bicycle Helmets
- Report on helmets distributed

For helmet program information, go to:

https://www.pedbikesrc.ce.ufl.edu/pedbike/Bike_Helmets.asp
Discover the wide variety of resources and information about walking and biking for all ages and levels of expertise. Topics include safety issues, important laws and policies, how to incorporate walking and biking into your commute to work or school, places to walk and bike, special events, plus trail and tour maps.
Safety Materials Program

The safety materials program is funded by a grant from the Florida Department of Transportation.

To qualify to receive items follow these easy steps:

1. If you have never done so, register with the site and complete the Community Partner Agreement Form.
2. Place your order. Note that the public materials awareness plan (PAMP) is now integrated in the check out process. Only order materials for the event outlined in your order and make sure you follow the reporting requirements outlined below. You can download all tracking mechanisms here.

- Bicycle lights can only be distributed by law enforcement officers in Focus Counties. Officers are required to affix the light to the bicycle. Use this form for each set of bicycle lights distributed.
- Non-reflective/lighted tangible items require a safety pledge, safety survey, or a participant sign in registration sheet. These forms are available here.
  - Only give multiple tangible items to a single person if the item types are unique and serve different functions.
  - For tangible items given at an event, return a safety pledge or survey.
  - At a presentation or training, return a registration or sign in sheet listing each participant that attended. If children are the recipients of the items, return a registration sheet with each child recipient’s first name and a signature from the instructor certifying this as true and correct. If adults are the recipients of the items, return a registration sheet with each adult’s first and last name listed and a signature from the helmet fitted certifying this as true and correct.
- Armbands (reflective or lighted) can only be distributed in Focus Counties. Use this form for each lighted or reflective armband distributed. All items distributed must be done in conjunction with a safety interaction, education, or information sharing about the importance of being visible when walking and/or biking during dark, dusk, or dawn hours.
- Print materials only require you to state the approximate number of each specific item distributed when you complete the report on your profile page.
- Safety Kits (a combination of tangible item with multiple print materials) follow the distribution requirements for tangible items and you would record what items were distributed together.

3. After you distribute your items, provide your reporting information on your profile page. Select the appropriate event and upload all associated documentation.
Remember

- People who have been trained via the Florida Bike Helmet Promotion Program are the only ones who can fit the grant helmets

- The helmets must be fitted, not handed out - yes, each helmet

- Have fun when fitting helmets

- Remind EVERYONE you see that they need a helmet

- Return your evaluations after EACH event
“In the past, people thought that handing out some pamphlets and giving a pep talk were effective ways to teach bike safety. No one would think of teaching baseball, football, square dancing, car driving, or hunter safety by handing out brochures and talking to an auditorium full of kids. These days, we see it’s important to get the kids on their bikes and teach them real world skills.”

— John Williams & Dan Burden
Helmet Teaching Strategies

- Egg Drop Demonstration, Jell-o Brain, Brain Model
- Concussion Goggles
- Helmet Matching Game
- Helmet Tag
Positive Reinforcements

• Community encouragement
  • “I Got Caught” programs
  • Sporting events
  • Gift cards to local restaurants
• School encouragement
  • School pizza parties
  • Provide properly fit helmets
• Parent encouragement
  • Children help pick out their helmets
  • Decorate helmets
  • Model helmet use
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