

## Bicycle Safety

Head injury causes more deaths than any other cause for children on bikes.

Safe Kids Worldwide reports that more than 70 percent of children ages 5 to 14 (27.7 million) ride bicycles. This age group rides 50 percent more than the average bicyclist and accounts for approximately 21 percent of all bicycle-related deaths, and nearly half of all bicycle-related injuries. It makes sense, then, that a helmet is necessary.



While Washington state currently does not have a bike helmet law, many cities and towns have passed legislation requiring children 16 and under to wear helmets. Locally, the cities of Mount Vernon, Sedro-Woolley, Burlington and Anacortes all have helmet ordinances in effect for those who ride motorized scooters.

Medic One encourages everyone wear a helmet while riding bikes, skateboards or scooters. We make low-cost helmets available to all who need them. We also partner with area fire departments and other government agencies to bring helmets to local schools.

But it's not only important to wear a helmet. It's important to wear one that fits your or your child's head properly.

Fit helmets by performing the following checks:

- **EYES check:** Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).
- **EARS check:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- **MOUTH check:** Now open your mouth as wide as you can! Do you feel the helmet hug your head? If not, tighten those straps!