

Bicycle Fact Sheet

- Cycling injuries are common in children
 - Most severe injuries are to the head
 - 3/4 cycling deaths
 - 2/3 cycling-related admissions

Proper safety equipment is important when doing any outdoor activity. This is especially true with bicycling.

- Bicycle Helmets can decrease the risk of a brain injury by up to 88%

90% patients with head injuries were **not** wearing a helmet

- 15X greater odds of sustaining a head injury if not wearing helmet
- It is the law in Ontario that children and adolescents, under the age of 18, must wear a bicycle helmet while riding a bicycle on roadways or sidewalks.
- Any bicycle helmet that has been in a hard fall or crash should be replaced even if there is no visible damage.
 - Stickers cannot be placed on the helmets
- Headphones, baseball caps, hats and large hair clips should not be worn under a bicycle helmet.
- It is important that the helmet be properly fitted to the child before bicycling.
- **Encourage the "Helmet Habit"**
 - Explain to your child that a helmet protects his or her head.
 - Make sure the helmet is the correct size and that it fits properly.
 - Insist that a helmet be worn on every ride.
 - Praise children for wearing a helmet.
 - Teach children to check the helmet fit every time the helmet is worn, because the straps can become loose.
 - **Be a role model.** Wear a helmet when you are riding a bicycle.

References:

www.smartrisk.ca – Ontario Injury Compass

www.sickkids.ca – The Hospital for Sick Children

www.cheo.on.ca – Children’s Hospital of Eastern Ontario

www.childsafetylink@iwk.nshealth.ca – Child Safety Link

<http://www.healthunit.com/default.aspx>