

Wheels Under Your Feet? Helmet on Your Head!

NEW JERSEY STATE LAW REQUIRES THAT CHILDREN UNDER THE AGE OF 17 WEAR A HELMET WHILE BICYCLING, SKATEBOARDING & ROLLER-SKATING

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The Challenge is ...

To lower the incidence of brain injury caused by bicycling, skateboarding and roller-skating by raising awareness about the effectiveness of wearing a helmet.

- Older children are more likely to suffer from bicycle and sports related injuries than younger children. Bicycle, skating and skateboard incidents account for nearly half of all sports and recreation related brain injuries among children.¹
- Each year, more than 500,000 children go to hospital emergency rooms or doctors offices due to bicycle injuries.²
- The incidence of brain injury due to transportation crashes is highest in the 15–24 age group.³
- Each year, bicycle-related crashes kill about 900 people.⁴
- The main barrier to young peoples' use of helmets is the parents' lack of awareness of the need; the cost of the helmet; and peer pressure.⁵

The Response is...

a new law in New Jersey requiring people under age 17 to wear a helmet when bicycling, skateboarding and roller-skating.

- Helmets can prevent the physical, cognitive and emotional consequences of brain injury including, but not limited to: seizures, motor coordination, balance issues, memory loss, impulsivity, attention deficits, affected judgment, anxiety and depression.
- A properly worn helmet is the single most effective safety device available to reduce brain injury and death from bicycle, skateboard and roller-skate crashes.
- Helmets have been shown to reduce the risk of brain injury by as much as 88 percent.⁶
- Everyone, regardless of age, should wear a helmet while bicycling, roller skating and skateboarding.

¹ National SAFE KIDS Campaign

² AAA

³ New Jersey Department of Health and Senior Services

⁴ Bicycle Helmet Safety Institute

⁵ The Arc of United States

⁶ Dr. Everett Koop, ScD., former U.S. Surgeon General

Be Sure the Helmet Fits Properly...

- Tighten the chinstrap to keep the helmet from slipping forward or backward.
- Only two fingers should fit under the chinstrap.
- Place the helmet directly over the forehead.

Double-check the fit!

EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one or 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!

Learn More About Injury Prevention...

AAA of New Jersey
www.aaa.org

Bancroft NeuroHealth
www.bancroftneurohealth.org

The Arc of New Jersey, Coalition for the
Prevention of Developmental Disabilities
www.arcnj.org

Epilepsy Foundation of New Jersey
www.efnj.org

American College of Emergency
Physicians, New Jersey Chapter
www.njacep.org

JFK Johnson Rehabilitation Institute
www.njrehab.org

American Physical Therapy Association
of New Jersey
www.aptanj.org

New Jersey Division of Highway
Traffic Safety
www.njsaferoads.com

American Speech-Language-Hearing
Association
www.asha.org

New Jersey Safety Council
www.njsafety.org

Association for Children of New Jersey
www.acnj.org

Level One Trauma Center
Robert Wood Johnson University Hospital
www.rwjuh.edu

Brain Injury Association of New Jersey
www.bianj.org

SAFE KIDS New Jersey
www.safekids.org

For more information please contact:

Brain Injury Association of New Jersey, Inc.
(732) 738-1002 *** Family Helpline (800) 669-4323