

Bike Helmet Safety



Wearing a proper-fitting bicycle helmet reduces the risk of serious head injury by 85 percent. A helmet that's been approved by the U.S. Consumer Product Safety Commission and fits correctly, will cushion the head in a fall and protect it from impact with other objects.

Look for these elements in a helmet:

- It should comfortably touch the head all the way around.
- It should sit level on the head.
- It should extend as low as possible to help cover the sides of the head.
- It should be stable enough to resist violent shakes or blows, and stay in place.
- It should protect the forehead. A helmet should only be one to two finger-widths above the eyebrows or eyeglasses.
- The strap should be comfortably snug so that you can open your mouth, but it shouldn't pinch, bind or cut into the chin.

This poster is an initiative of St. Joseph's Hospitals' Faith Community Nursing (FCN) program. FCN, in partnership with area congregations, ministers to people's physical, emotional and spiritual needs. Faith Community Nurses promote wellness of the body, mind and spirit.

For more information, contact your church's Faith Community Nurse or visit BayCareFCN.org.

For more information on bike helmet safety and exercise: BayCare.org/Health-Library

 **St. Joseph's Hospitals**
South Florida Baptist Hospital
BayCare Health System
Faith Community Nursing