

Safe Kids Week 2010

May 31 – June 5



This year the theme is “Got Wheels? Get a Helmet!” to promote the importance of wearing helmets when active. Head injuries are the leading cause of serious injury and death to kids on wheels!

Facts about Head Injury and Helmet use:

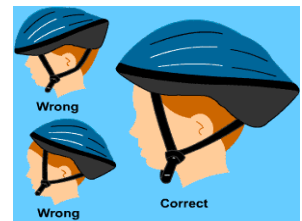
- A head injury can permanently change the way a child walks, talks, plays, and thinks.
- A properly fitted helmet can reduce the risk of serious brain injury by up to 85%.
- It is important to wear a helmet for all wheeled-activities (cycling, in-line skating, scootering, and skateboarding)!
- You are your child's best role model. Everyone should wear a helmet when on wheels.
- All helmets are not the same! There are different helmets for different activities. Each type is made to protect the head from the impacts common to a particular activity or sport.
- If a helmet is damaged or more than 5 years old it needs to be replaced!
- It is very important that a helmet fits properly.



TO CORRECTLY FIT A BIKE HELMET:

Remember the 2V1 Rule!!

1. Does my helmet sit *level*?
2. Is it **2** fingers widths above the eyebrows?
3. Do the straps form a “**V**”?
4. Does **1** finger fit between the chin and the fastened strap?



This information is provided by Safe Kids Canada: <http://www.safekidscanada.ca/safekidsCanada/>

For additional information on preventing head injury and other injuries:

- Think First – Brain injury facts, sport-specific tips: <http://www.thinkfirst.ca/safetyinfo.aspx>
- Community Against Preventable Injuries – Article, blog, video clips: <http://www.preventable.ca/>
- ON Call Public Health Nurse: 604-983-6700