

Bicycle Safety



True Story

An 11-year-old fell off his bike and hit his head. He was not wearing a helmet. The child lapsed into unconsciousness while being taken to the hospital. He was hospitalized for a month and then died. The cause of death was head injury.

-From the files of MECAP
(Medical Examiners and Coroners Alert Project)

The Facts

- Each year approximately 150 children ages 14 and younger die and more than 285,000 are treated in hospital emergency rooms for bicycle-related injuries.
- Helmet use is lowest among children ages 11 to 14 (11%).
- Bicycles are associated with more childhood injuries than any other consumer product except the automobile. Approximately 60% of bicycle-related deaths are caused by head injury.
- Children not wearing a helmet increase their risk of fatal injury by 14 times.

What You Can Do

- Wear a bicycle helmet every time and everywhere you ride.
- Buy a bicycle helmet that meets or exceeds the safety standards developed by the U.S. Consumer Product Safety Commission.
- Wear your bicycle helmet correctly, comfortably and snugly on your head in a level position with the straps always buckled.
- Learn the rules of the road and obey all traffic laws.



Safe Kids Greater Des Moines, led by Blank Children's Hospital, is a grassroots organization dedicated to preventing unintentional injury in children ages 0-14.

For more information call (515) 241-6293 or visit www.dsmsafekids.org.