

Living Safely

with disabilities and special health needs

Wearing Bicycle Helmets Prevents Head Injuries



Children's
Specialized Hospital®

An RWJBarnabas Health facility



Wearing a helmet when riding a bicycle reduces injuries to the head from bicycle crashes and accidents.

It is important for me to wear a helmet every time when riding a bicycle.



Source:
www.wiredale.com/bike-helmet-size/

The helmet needs to be the correct size for my head.

It also needs to be put on my head in a certain way. ([Web resource link for fitting a bicycle helmet](#))



Not all helmets are the same.

Not all helmets will prevent injury.

The U.S. Consumer Product Safety Commission (CPSC) is an organization that determines safety guidelines and requirements for helmets to be safe to use.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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