BICYCLE HELMET TIPS FOR PARENTS AND CARERS

Research shows that wearing a bicycle helmet reduces the risk of head injury by up to 74 per cent[1].

When should my child wear a helmet?

Children should always wear a helmet when using wheeled items like tricycles, bicycles, scooters, when travelling on the back of an adult's bicycle, or in a bicycle trailer. Starting the habit early means it is more likely to continue as your child grows.

It is important to wear a helmet whether in the street, in the driveway, a paved area, or on a footpath. An accident can happen anywhere, and it only takes impact with the ground or concrete to sustain a head injury.

It is important to teach your child to take their helmet off when moving to another activity as the straps can get caught on play equipment.

Be a role model

Children learn by watching and copying. Set a good example by always wearing your helmet when you ride and making sure it is correctly fitted and adjusted.

[1]Bambach, M. R., Mitchell, R. J., Grzebieta, R. H., Olivier, J. The effectiveness of helmets in bicycle collisions with motor vehicles: A case-control study. Accident Analysis and Prevention, Issue 53, 2013.

Correctly fitting a helmet

Place your hands on top of the helmet and try to move it. It should not be possible to tilt the helmet:

- **forwards** to cover the eyes
- **backwards** to uncover the forehead
- **sideways** to uncover the side of the head.

When the helmet is fastened it should be squarely positioned on the head.

The rim of the helmet should sit on the forehead just above the eyebrows.

The straps should be adjusted so that there is no slack when the buckle is securely fastened under the chin. Ensure straps are not twisted and that the side straps form a V shape with the point just under the ear lobe.

How to find out more information

Visit these websites:

VicRoads
www.vicroads.vic.gov.au/bicyclehelmets

Bicycle Network
www.bicyclenetwork.com.au

BICYCLE NETWORK
EARLY LEARNING ASSOCIATION AUSTRALIA
Starting Out Safely
VICTORIA POLICE
vicroads
State Government Victoria

Research Activities

Pediculosis (head lice) is transmitted through direct head to head contact with a person with head lice.

Researchers in Queensland examined the hats worn by over 1000 school children while their heads were being checked for head lice. **No** head lice were found on the hats. None at all. However there were over 7000 head lice on the heads of the children.

"Head lice do not live or breed on animals, bedding, furniture, carpets, clothes or soft toys. They cannot spread by sharing hats". (NHMRC Staying Healthy – Preventing infectious diseases in early childhood education and care services, 5th edition)

Transmission of head lice (Pediculus capitis).

Although the global increase in pediculosis is well recognised, little is known about the exact nature of head lice (Pediculus capitis) transmission. Several mechanisms have been proposed such as head-to-head and fomite transmission, but some contention remains concerning the primary transmission route. This study investigated spatial and kinetic factors influencing the dynamics of hair-to-hair transfer to further clarify how head lice transmit from head to head. Forty-eight factorial experimental trials, with 10 replicates each, were conducted using 480 freshly caught P. capitis from primary school children. In the trials, each louse was placed on a stationary suspended hair or a mobile hair and was presented with mobile or stationary hairs for transmission. All hair passes involved contact between the uninhabited hair and the lice. Hairs without a louse were presented dorsally, laterally and ventrally to the louse. They were also passed from head to tail or from tail to head and were moved at speeds of 8 m and 4 m per min. The proportion of P. capitis transmission was highly dependent on the specific setting. The tail-to-head direction, slow movement and a parallel direction all proved favorable for transmission. The highest transfer proportion of P. capitis (85%) was observed in the setting where the presented hair was laterally slow moving in a parallel way from tail to head. No transmission was observed under an angle of 90 degrees. Hair-to-hair P. capitis transmission occurred more frequently when hairs were in particular physical and kinetic relationships. This suggests that head lice are less likely to take advantage of many proposed fomite transmission scenarios and are most likely to rely on head-to-head contact for transmission. Lice survived immersion for 30 minutes in fresh and salt water and in chlorinated water from fresh and saltwater swimming pools. **In a survey of dust vacuumed from the carpets in 118 primary school classrooms we found no lice. The children using those classrooms had 14,033 lice on their heads.** These studies showed that lice used specific cues in transferring between hairs. Potentially they could survive in a swimming pool, but may not actually become dislodged. The risk of acquiring lice from carpets in school classrooms and, by extrapolation, homes, is zero.

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Abstract from : http://www.jcu.edu.au/phtmrs/abc/JCUPRD_047295.html

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