

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 cent¹.

To start safe helmet wearing habits early, Victoria Police, VicRoads, Early Learning Association Australia and Bicycle Network have introduced a **Bicycle Helmet Education Pack**. You may see the helmets and posters displayed in your child's early years service.

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.



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

Read the **Bicycle Network** factsheet - *Helmet Fit Guide*

Visit these websites:

VicRoads

www.vicroads.vic.gov.au/bicyclehelmets

Bicycle Network

www.bicyclenetwork.com.au

¹Bambach, 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.