

Helmet Safety

By law in California, everyone under 18 years of age must wear a Consumer Product Safety Commission (CPSC) approved helmet while bicycling, riding a scooter, skateboard, roller skates and in-line skates. Wearing a helmet the right way lowers the risk of brain injury in an accident by **88 percent and help save lives**. Below are helmet safety tips to protect your child's head and brain from getting hurt.

- **Pick your style.** Have your child pick out the helmet. Kids will be more likely to wear a helmet that they like than one they think looks “silly”.
- **Proper fit.** Perform the Helmet Fit Test by checking the following:



- **Eyes:** The helmet sits low on the forehead and your child should be able to see the bottom rim of the helmet. A helmet that is pushed back will not protect the face or the head well in a fall or crash.



- **Ears:** The front and back straps should form the letter “V” just below the ears.
- **Mouth:** Only one finger should fit between the chinstrap and the chin. The helmet should not move more than ½ inch in any direction. Use thicker or thinner pads and adjust as needed.

- **Paddings for protection.** Use knee and elbow pads when riding scooters.
 - Do not use wrist guards when riding anything with handlebars, such as bicycles and scooters. (It is hard to grip the handlebars when wearing wrist guards).
- **Pedestrian safety.** Always follow the rules of the road and wear bright colors to be seen by others.

When an accident happens, CHOC Children's is ready with the only pediatric-dedicated emergency department and trauma center in Orange County. For more important tips to prevent injuries in children and teens, visit choc.org/safety.