



In 2010, the number of people injured by not wearing a bike helmet was 51,000, enough people to fill Nationwide Arena in Columbus 2½ times. Universal use of bicycle helmets by children ages 4 to 15 could prevent between 135 and 155 deaths, between 39,000 and 45,000 head injuries and between 18,000 and 55,000 scalp and face injuries annually.

To help prevent injuries and save lives, your Sylvania Fire Department is joining the Ohio Chapter of the American Academy of Pediatrics (Ohio AAP) in a statewide effort to remind children to “*Put a Lid on It! Protect Before You Pedal!*” during the week of May 7-11 – Ohio Bike Helmet Safety Awareness Week.

And, this week is not just for children. We know that parents who model wearing their bike helmet increase the likelihood of a child wearing their helmet, so this week is not only to get children to wear their helmets, but also to allow them to see adults in all walks of life wearing their helmets proudly.

Importantly, it also makes fiscal sense to ensure children wear helmets. For the cost of a \$10 bike helmet, we can take \$41 out of Ohio’s health care system. That’s a significant return on an affordable investment for our families.

To learn more and show your support, visit [OhioAAP.org](http://OhioAAP.org), or the “*Put A Lid On It!*” Facebook page, [www.facebook.com/bikehelmetssafety](http://www.facebook.com/bikehelmetssafety) .

**Help save lives and prevent injuries by properly fitting and wearing helmets whenever you are riding a bike! Put a Lid on It and Protect Before You Pedal!**

- Place the helmet low on the forehead, just above the eyebrows.
- Show children that the helmet straps should be snug under the chin so the helmet stays in the same position.
- Show children that the helmet should not move back and forth or side to side.
- Demonstrate that when children wear a helmet on the back of their head (move helmet so forehead is well exposed) that the helmet cannot do a good job of protecting the brain.

Below is a diagram showing the way bike helmets should be fitted.

