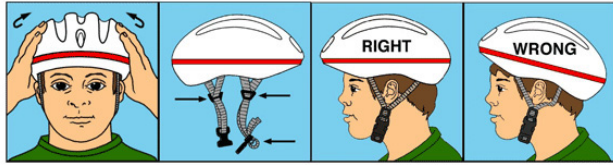


HOW TO FIT YOUR HELMET

A PROPERLY ADJUSTED AND CORRECTLY WORN BIKE HELMET CAN REDUCE THE CHANCES OF SERIOUS HEAD INJURIES BY 85%.



ADJUST THE SIDE STRAPS

Adjust the straps so the helmet will stay in place. Most models have, on each side, two straps joined with a "triglide" to form a V. The front and rear strap of each V should be snug when a triglide is positioned just below the earlobe.

ADJUST THE BUCKLE STRAP

The buckle strap should be snug beneath the chin, but not to the point that it causes discomfort or difficulty swallowing. You should feel the strap against your skin but be able to slide a finger under it.

SELECT THE RIGHT SIZING PADS

Size your helmet to your head using the right combinations of foam sizing pads. Change and locate them as needed to make it snug without being uncomfortable. To test the fit, shake your helmeted head from side to side. If the pads are properly placed, the helmet will stay in place.

POSITION THE HELMET CORRECTLY

A common mistake is to wear the helmet tipped too far back. It should be level front to rear and side-to-side. This is necessary to protect the frontal lobe of the brain. To be sure your helmet is properly positioned, look in a mirror, with your head slightly turned.

DOUBLE-CHECK THE FIT BEFORE EVERY RIDE

Double-check the adjustment of your straps every time you wear your helmet. If you care enough to buy and wear a helmet, make sure you get the most protection possible by ensuring a correct fit.



POLICE ATHLETIC LEAGUE OF BUFFALO

65 Niagara Square, 21st Floor • Buffalo, NY 14202
716-851-4615 • PoliceAthleticLeague@city-buffalo.com

WWW.BUFFALOPAL.COM



MAYOR BYRON W. BROWN



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BIKE HELMET SAFETY PROGRAM



Funded in part by the National Highway Traffic Safety Administration through a grant from the New York State Governor's Traffic Safety Council and administered by the Police Athletic League in conjunction with Mayor Byron W. Brown, the Buffalo Police Department and the Department of Community Services Division for Youth

BIKE HELMETS SAVE LIVES! AND IT'S THE LAW!

CONSIDER THE FOLLOWING:

- Each year. About 54 New York State residents are killed in bicycle crashes.
- Each year, almost 2,000 New York State residents are hospitalized due to bicycle-related injuries. Of these hospitalizations, approximately 38% involve a brain injury.
- Head injury is the leading cause of death and permanent disability in bicycle crashes. Head injuries account for more than 60% of bicycle-related deaths, more than 2/3 of bicycle-related hospital admissions, and about 1/3 of hospital emergency department visits for bicycling injuries.

WHY WEAR HELMETS?

- Professional and amateur athletes in many sports wear helmets. Football, hockey and even baseball players wear helmets. Cyclists need protection for the special risks they face, too.
- Brain injuries are usually the most serious injuries in a bicycle rider will sustain. Helmets prevent many of these injuries or reduce their severity.
- Studies in the U.S. and elsewhere have shown that bike riders wearing helmets are less likely to suffer brain injuries than those who don't.

HOW CAN HELMETS HELP?

When your head hits the ground your skull stops but your brain continues to move, crashing against the skull. The impact of the brain against the skull bruises and damages delicate brain tissue. It often results in lifelong changes in the way you think, act, feel and move. Helmets absorb the shock of the impact, and prevent or reduce the severity of the crash between the brain and the skull.

ARE THERE OTHER SAFETY PRECAUTIONS TO TAKE WHEN RIDING A BICYCLE?

- Always ride with the traffic
- Ride one to a bike
- Follow all traffic lights and signs
- Signal all turns
- Ride single file
- Use a horn or bell
- Make sure your bike is in good working order
- If you are riding at night, make sure your bike has reflectors and a headlight and taillight. Consider using additional lighting and reflective bands, vests and clothing to increase your visibility.
- Keep to the right, but leave enough room to steer around road hazards and avoid car doors that may suddenly swing open.

BICYCLE HELMET LAW: By law, all bicyclists under the age of 14 are required to wear approved bicycle helmets when bicycling or riding as passengers on bicycles in New York State. The maximum penalty for an offense is a \$50 fine. However, if a parent can prove that a helmet has been obtained, the fine will be waived.

¡EL CASCO SALVA VIDAS! ¡Y ES LA LEY!

CONSIDERE LOS SIGUIENTES DATOS: ¿POR QUÉ SE DEBE USAR EL CASCO?

- Cada año, alrededor de 50 residentes del estado de Nueva York mueren en accidentes de bicicletas.
- Cada año, alrededor de 2200 residentes del estado de Nueva York son hospitalizados debido a lesiones sufridas en accidentes de bicicletas. De esas hospitalizaciones, aproximadamente el 38% de los lesionados sufre una lesión cerebral.
- Casi el 75% de los ciclistas lesionados a escala nacional son hospitalizados para el tratamiento de traumatismo craneal. Los que sobreviven tienen solo un 33% de posibilidades de recobrar sin sufrir una discapacidad.
- Los atletas profesionales y aficionados en muchos deportes usan casco. Los jugadores de fútbol americano, hockey e incluso béisbol usan casco.
- Las lesiones más graves que suelen sufrir los ciclistas son las cerebrales. El uso del casco evita muchas de estas lesiones o reduce su gravedad.
- Estudios realizados en los Estados Unidos y en otras partes han demostrado que los ciclistas que usan casco tienen menos probabilidades de sufrir lesiones cerebrales que los que no lo usan.

¿CÓMO AYUDA EL CASCO?

Cuando le cabeza golpea contra el suelo, el cráneo se detiene pero el cerebro sigue desplazándose, y choca contra el cráneo. El impacto del cerebro contra el cráneo lastima y daña el delicado tejido cerebral. Esto a menudo provoca cambios permanentes en la manera de pensar, actuar, sentir y moverse. El casco amortigua el choque del impacto y evita o reduce la gravedad del choque entre el cerebro y el cráneo.

¿PUEDO TOMAR OTRAS PRECAUCIONES AL ANDAR EN BICICLETA?

- Siempre circule en el sentido del tráfico
- No lleve pasajeros en la bicicleta.
- Respete todos los semáforos y letreros. Cuando vaya a doblar, indíquelo.
- Circule en una sola hilera.
- Usa una bocina o una campanilla.
- Asegúrese de que su bicicleta esté en buenas condiciones de funcionamiento.
- Si circula de noche, cerciórese de que su bicicleta tenga reflectores, faro y luz trasera. Considere usar más luces así como bandas, chalecos y ropa reflectantes para aumentar su visibilidad.
- Manténgase a la derecha pero deje suficiente lugar para poder evitar los obstáculos del camino y las puertas de automóviles que puedan abrirse de repente.

LEY DE USO OBLIGATORIO DEL CASCO PARA CICLISTAS: Por ley, todos los ciclistas menores de 14 años deben usar cascos aprobados al andar en bicicleta o al ir como pasajeros en bicicleta en el estado de Nueva York. La multa máxima por infringir esta ley es de \$50. No obstante, si el padre puede probar que se ha obtenido un casco, podrá evitar la multa.