

Not all helmets are created equal

FAQS:

Can a child only use a bike helmet for bicycling?

No. A child can wear a CPSC-compliant bike helmets while biking, in-line skating and riding a nonpowered scooter. For other activities which share a helmet, please visit www.cpsc.gov and click on the "Which Helmet for Which Activity?" guide.

When should a child NOT wear a helmet?

Children should not wear a helmet on the playground or climbing trees. The helmet's chin strap could get caught on equipment or trees and possibly strangle the child.

Do I have to replace the helmet after an impact?

For bike helmets, yes. They are designed to protect against a single severe impact. Other helmets, such as football or ice hockey, are designed to protect against multiple impacts. If the helmet has visible signs of damage (such as cracks or dents), it should be replaced. Read the manufacturer's instructions for guidance on replacing the helmet.

From a very early age, most children are taught to wear a helmet when they ride their bike. Many are taught to wear a helmet for skateboarding and for sports. It is important, however, that kids not only wear the helmet, but wear the right helmet for the right activity. Just like most adults would not let a child wear a football helmet to play baseball, they should also not let children wear a bicycle helmet to skateboard.

All helmets are not the same. Each type of helmet is made to protect the head from the impact most common to that sport or activity. Helmets made for a different activity will not protect a child from a serious head injury as effectively. Additionally, only bicycle and motorcycle helmets must meet federal safety standards. Many other helmets only have to meet voluntary standards. •

Information courtesy of the Consumer Product Safety Commission (www.cpsc.gov)

REPORTING ON CHILDHOOD INJURY

Traumatic Brain Injury

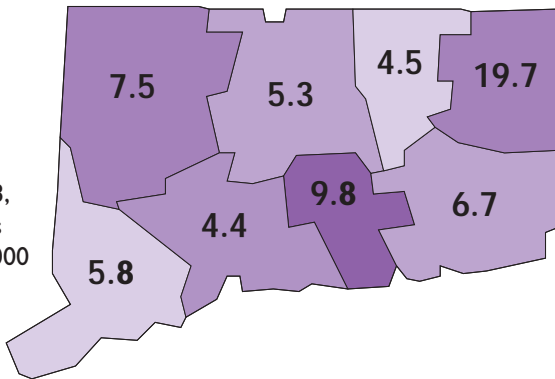
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A blow to the head may cause traumatic brain injury (TBI) and may cause problems with cognition (concentration, memory, judgment, and mood), movement (strength, coordination, and balance), sensation (tactile sensation and vision), emotion (instability and impulsivity).

In Connecticut, from 1995-2003, there were 7,400 emergency department visits (825 per year) due to head injury among persons <15 years of age. Head injury visits were higher among young children 0-4 years of age, and males. In Connecticut, Windham County has the highest rate of head injury among children (Figure 1). The leading causes of head injury are falls, bicycle-related, motor vehicle occupant, and pedestrian injury. Head injury prevention measures (e.g., helmets, occupant restraint devices, window guards, stairway gates) would prevent future TBI's. •

Emergency
Department
Visits for
Head Injury,
1995 to 2003,
0 to 14 years
Rates per 1,000



For more information, please contact:

Safe Kids Connecticut 860-545-9988

or your local Safe Kids Chapter or Coalition

Greater Waterbury 203-709-3655

supported by St. Mary's Hospital and Waterbury Medical Association

Valley Parish Nurse Community 203-732-1337

supported by Griffin Hospital

Windham County 860-456-6978

supported by Windham Hospital

Fairfield County 203-853-7115

supported by Danbury Hospital and Greenwich Hospital

New London County 860-442-0733

supported by Lawrence & Memorial Hospital

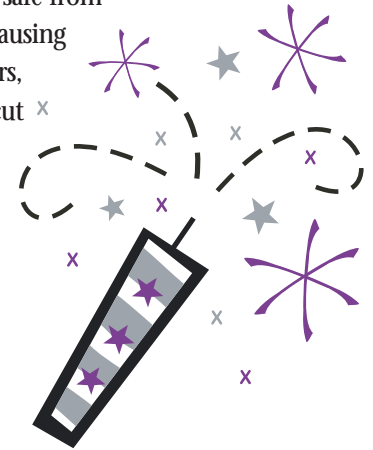
Safe Pools for Safe Kids!

Please visit
www.ctsafekids.org
to learn the many
ways parents and
caregivers can prevent children from being injured in pools
and hot tubs, including active supervision, entrapment pre-
vention, and safer pool environments. •



Fireworks Reminder

For the Fourth of July, keep kids safe from fireworks. The top three injury-causing fireworks are firecrackers, sparklers, and rockets. Safe Kids Connecticut recommends that families only enjoy the dazzle of fireworks at a community-sanctioned, licensed event. However, if used, all other fireworks should be legal and handled only by adults. •



Recall

Schwinn Deluxe Bicycle Child Carriers have been voluntarily recalled as there is a risk of the carrier falling off the bike. Please stop using this product immediately and contact Schwinn at (800) 515-0074 for more information. •

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