



Sheldon says...

"Bike smart

...always wear a

helmet!"



Dear Friend,

Unlike turtles, humans are not equipped with a protective shell to keep them free of injury. That's why helmets should be used by bicycle riders (and passengers on bikes) from age 1 and up.

In the U.S., each year crashes involving cyclists cause approximately 900 deaths, 23,000 hospital admissions, 580,000 emergency department visits, and 1.2 million visits to physician offices and clinics.

**BICYCLE HELMETS HAVE BEEN CONSIDERED THE SINGLE BEST MEANS OF PROTECTING CYCLISTS FROM THE LEADING CAUSE OF INJURY AND DEATH: HEAD INJURIES DURING CRASHES.*

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization dedicated to reducing trauma by educating the public on the prevention of all types of injuries. Trauma permanently disables over 10,000 people and kills more than 4,500 each year in Pennsylvania alone! But trauma, unlike many other diseases, is preventable.

The Bike Smart Club is designed to educate bicycle riders on the rules of the road, the proper use and maintenance of equipment, and to offer Snell, and/or ASTM, and CPSC approved helmets at a reduced cost to cyclists of all ages. Benefits also include a sticker, safety coloring book, membership certificate, and club newsletter.

Invest in your safety through membership in the American Trauma Society, Pennsylvania Division, Bike Smart Club.

Safe Cycling!

Sheldon R. Turtle
Bike Smart Club Mascot

COMMONLY ASKED QUESTIONS ABOUT BIKE HELMETS

Who Should Wear A Helmet?



Bicycle riders over the age of 1 should wear a helmet at all times, regardless of the expected distance or the riding surface. Children less than a year old have weak neck structures and the American Academy of Pediatrics does not recommend helmets or bike traveling for this age group. The American Trauma Society, Pennsylvania Division concurs with this recommendation, therefore will not fit a helmet for a child under the age of 1.

Why Wear A Helmet?



Helmets reduce the risk of head injury by 85% and brain injury by 88%. Not only will a helmet reduce the likelihood of head injuries, but it will make you more visible to motorists, pedestrians and other bicyclists.

How Should A Helmet Fit?



The helmet should be worn squarely on top of the head. It should fit snugly and cover as much of the forehead as possible. Chin straps should be easy to buckle and have no more than one finger's width between strap and chin. Some manufacturers may also include detachable sizing pads which provide for growth and a custom fit. Look for helmets with large front vents to keep you cool and control perspiration.

What Does It Mean To Have Snell, ASTM, or CPSC Approval On A Helmet?



There are two U.S. performance standards for bicycle helmets: the Snell Memorial Foundation and the American Society for Testing and Materials (ASTM). All helmets manufactured after March 1999 must also meet standards set by the Consumer Product Safety Commission (CPSC). A sticker can be found inside the shell of all helmets that pass these safety criteria. Do not purchase a helmet that does not meet these standards.

Should I Continue To Wear A Helmet That Was Involved In A Crash?



Any helmet involved in a crash should be replaced immediately, even if there is no visible damage. Manufacturers also suggest replacement after five years in recognition of normal wear and tear.

What Is The Current Law In PA Regarding Helmet Use?



According to Pennsylvania Senate Bill 1823, "No person under 12 years of age shall operate a pedalcycle or ride as a passenger unless that person is wearing a bicycle helmet meeting the standards of the Snell Memorial Foundation or the American National Standards Institute."

SHELLDON'S SAFETY TIPS



Bright colored clothing helps bicycle riders to be seen more easily.



Choose a bike that fits you now ... don't buy a bigger bike and wait to grow into it.



Make sure your bike is in good condition and is properly maintained for as long as you own it.



Bikes must have front and rear reflectors and side-wheel reflectors for higher visibility.



Remember to ride on the right side of the road and obey all traffic signs and signals, just like a car.



Look left, right, left at all driveways and use hand signals to let others know of your intentions.

Be aware of roadway hazards such as potholes, rocks, drain grates, etc., and learn how to maneuver around these obstacles without losing control.



Always
wear
a
helmet!





HOW DO I JOIN THE BIKE SMART CLUB?

Simply stop by the ATSPA office to have a new helmet fitted properly by one of our staff. Membership in the Bike Smart Club makes you eligible for an approved helmet at a reduced cost. Helmets come in three sizes: Toddler, Small/Medium, and Large/X-Large.

Bike Smart Membership: \$10.00

The ATSPA office is located at:
2 Flowers Drive
Mechanicsburg, PA 17050-1701

Questions should be directed to (717) 766-1616
or 1 (800) 822-2358