

Use Your Head: Wear a Helmet

Did you know more childhood injuries are associated with bicycles than any other consumer product except the automobile?

Bike helmets reduce head injuries by 85 percent, brain injury by 88 percent.

In 2010, approximately 81,101 nonfatal injuries among child cyclists were traffic-related.

Each year, skateboarding injuries cause about 50,000 visits to emergency rooms.

More children ages 5 to 14 are seen in ERs for injuries related to biking than any other sport.

A 25 percent reduction in childhood bike injuries and deaths could lead to savings of more than \$500 million in societal costs (health care and productivity losses).

*Need a helmet?
Get one at:*

Newly Rescheduled Date

Good Samaritan Bike Helmet Event

Thurs., June 13 | 4-6 pm
Kearney Public Library

New helmets, for toddlers through adults, are available on a first-come, first-serve basis at this event! Our helmets meet current safety standards and are fitted by trained Good Samaritan Emergency Services staff members. A suggested donation to the Good Samaritan Foundation, of \$10 per helmet, is appreciated.

Parents, keep your children safe by maintaining a "no helmet, no ride" policy. If adults wear helmets, it is more likely children will too. Please model good behavior!



Bike helmets are provided at a greatly reduced price by:

 **CHI Health**
Good Samaritan

SAFE
KIDS
PLATTE VALLEY