Each year, more than 300,000 children are treated for bicycle-related injuries in hospital emergency rooms. Fortunately, wearing a helmet can reduce the risk of serious head injury by 85%.

**Bike Helmets for Sale**
- Low cost bicycle and multi-sport helmets for you and your family
- Free helmet fittings
- Helmets are certified by the CPSC (Consumer Product Safety Commission)
- Various sizes available (toddler, youth and adult) in designer colors/graphics
- Multi-sport helmets, available in youth and adult sizes, for use with in-line skates and skateboards as well as bicycles. (They are **NOT** intended for motorized use.)

Wear a helmet and bike right!

**Now, how do you get your child to wear the helmet?**

The American Academy of Pediatrics offers these helpful tips:
- Wear one yourself
- Reward your child for wearing a helmet
- Always insist that your child wear his/her helmet
- Point out professional athletes who wear helmets when participating in sports
- Encourage other parents to get their children to wear helmets

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**Advocate Children’s Hospital Oak Lawn**
The Andrew Family Children’s Health Resource Center
4440 W. 95th Street, Oak Lawn, IL
Walk-ins every Monday: 10 am - 3:30 pm or call for an appointment 708.684.7019

**Advocate Children’s Hospital Park Ridge**
Children’s Health Resource Center
1675 Dempster Street, Park Ridge, IL
Walk-ins every Wednesday, 10 am - 3:30 pm or call for an appointment: 708.684.7019

**Advocate Lutheran General Hospital**
8 South, Trauma Service Office
Call for an appointment: 847.723.6522, press #1

**Advocate Lutheran General Hospital EMSS**
8820 Dempster Avenue, Niles
Call for an appointment: 847.723.5005

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Advocate Children’s Hospital
AdvocateChildrensHospital.com
HOW TO FIT YOUR BIKE HELMET

Prevent a brain injury. Wear your helmet every time you ride. Be sure it fits properly.

Follow these easy steps to fit your helmet:

1. Measure your head. Size varies among helmets. Head size may not match age listed on helmet.

2. Adjust helmet for a snug fit around your head. Some helmets use elastic, dials, or ratchets to create a snug fit. Others use sizing pads. Follow instructions in the owner’s manual to achieve a secure fit.

3. Position helmet so it is level on your head and no more than 1 – 2 finger-widths above your eyebrows.

**Tip:** Look up with your eyes every time you put on your helmet. Be sure you can see the rim of the helmet.

4. Adjust straps. Be sure straps are flat, not twisted. If side straps are adjustable, adjust the straps to form a “V” shape just under your ears. If available, lock slider into place.

5. Buckle chin strap until it is snug.

**Tip:** Check that no more than 1 or 2 fingers fit between the strap and neck.

**Final Check:** Make sure helmet does not rock side to side or back and forth when shaking your head.

Straps get loose over time. Double check the fit of your helmet before every ride.

Replace helmets that do not fit or have been in a crash.

**Remember:** One crash and it’s trash!

When you buy a helmet, be sure it meets safety standards. Look for a certification label on the helmet by the Consumer Product Safety Commission (CPSC), ASTM, Snell or ANSI.