

Helmet Safety
on
Tribal Lands



Protecting Yourself, Your
Family, and Your Community

Why Helmets?



- The **best way** to prevent bicycle-related deaths & injuries **is to wear a helmet**
- 60% of childhood bicycle-related deaths occur on rural roads¹
- Helmets can reduce head injuries by 85% and brain injuries by 88% ¹
- An estimated **90%** of children **do not** wear helmets on rural lands ^{2, 3}
- Bicycle helmets reduce the risk of head injury by 85%

(1) National SAFE KIDS Campaign (NSKC). Bicycle Injury Fact Sheet. Washington (DC): NSKC, 2004.
http://www.usa.safekids.org/tier3_cd.cfm?folder_id=540&content_item_id=1010. Accessed 2/7/2008.

(2) Harlos S., Warda L., Buchan N., Klassen T.P., Koop V.L. and Moffat M.E.K. 1999. Urban and rural patterns of bicycle helmet use: factors predicting usage. *Inj. Prev.* 5, pp. 183–188.

(3) Bicycle Helmet Safety Institute. *Helmet Related Statistics from Many Sources*. <http://www.bhsi.org/stats.htm>. Accessed 2/7/2008.



Why Helmets?

- **Native American children die from injuries twice as often as children from other races⁴**

(4) National Center for Health Statistics. Centers for Disease Control and Prevention. National Vital Statistics System. 2000-2004 mortality statistics. Hyattsville (MD): National Center for Health Statistics, 2007. Accessed 3/6/08

Damaged Helmet



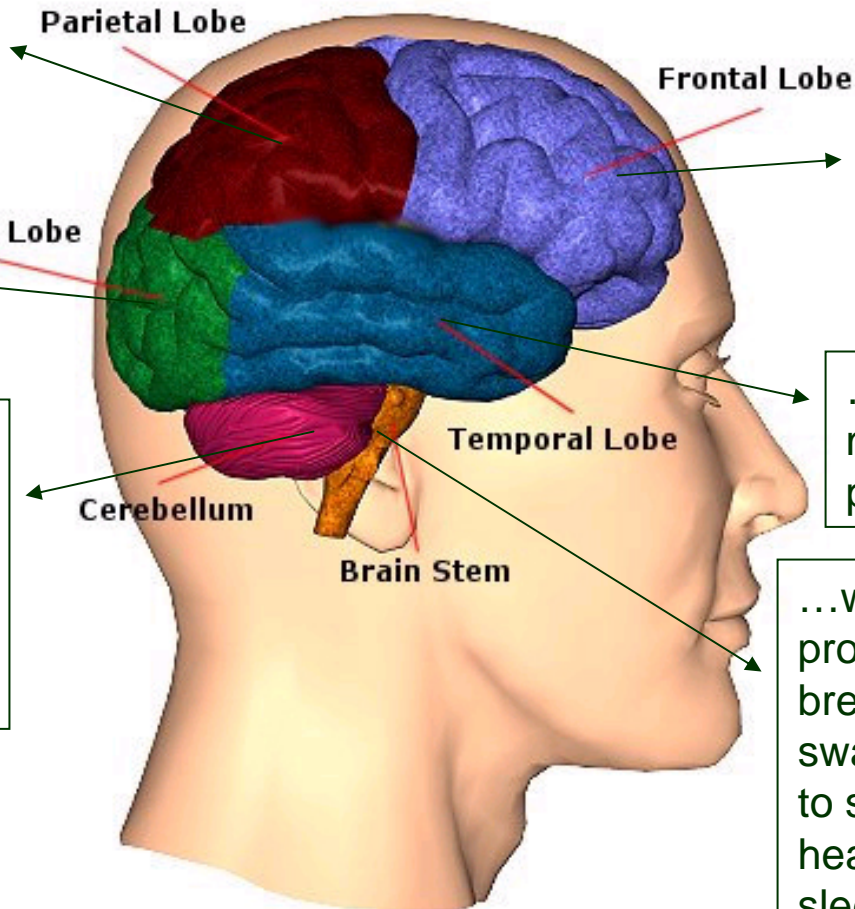


Damage to areas of the brain...

...will affect reading, awareness of body parts, and hand-eye coordination.

...will cause problems with vision

...will affect ability to walk, ability grab objects, may cause slurred speech and ability to make rapid movements



...will cause changes in personality, language and thinking problems

...will affect hearing, memory, visual perception

...will cause problems with breathing, heart rate, swallowing, reflexes to seeing and hearing, ability to sleep and sense of balance

Specific Effects On Learning



- Adolescents with Mild Head Injuries (MHI) may have trouble with verbal learning, abstraction, and reasoning.
- While not apparent immediately after injury, preschool children with MHI had difficulty reading their first year of school and difficulty with visual puzzles six and 12 months after the injury.
- Developing cognitive abilities in young children may be more vulnerable to the effects of head injuries.
- A study of children with traumatic brain injuries found that children with average achievement scores two years after the injury often failed a grade and/or required special educational support⁵.

(5)Linda Ewing-Cobbs. *Neuroimaging, Physical, and Developmental Findings After Inflicted and Noninflicted Traumatic Brain Injury in Young Children*. PEDIATRICS Vol. 102 No. 2 August 1998, pp. 300-307



Where Can You Get a Helmet?

- Check with you local Tribal Health program to see if they offer FREE helmets
- Check with your local school to see if they offer helmets
- Purchase one at your local department store—they start at \$7!



Bicycle Helmet

- Look for these standards”
 - CPSC
 - ASTM F1447
 - SNELL B-90/95
 - Snell N-94





Downhill Mountain Bike Helmet

- Look for these standards:
 - CPSC
 - ASTM F1952



Skateboard/BMX Helmet



- Look for these standards:
 - CPSC
 - ASTM F2032





Snow/Ski Helmet

- Look for these standards:
 - ASTM F2040
 - CEN 1077
 - Snell RS-98 or S-98



ATV/Dirt Bike Helmet



- Look for these Standards:
 - DOT FMVSS 218
 - Snell M-2005





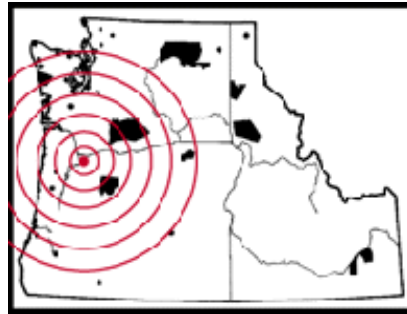
Remember, your head is a computer and your brain is the software. You don't want to fall and hurt your computer. It may be damaged forever.

A crash can erase everything you've learned, even simple things like: what color is and how to read and count.

Wear a Helmet for Every Ride!!



This presentation was developed by the Tribal Epidemiology Center Consortium.



Northwest Tribal Epidemiology Center



This publication was supported by Award Number U50 MN024133 from the Centers for Disease Control through a Cooperative Agreement with the Tribal Epidemiology Center Consortium. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.