

**Helmet Education
R.J. Fisher Middle School
Student Leadership Training**

Greetings and Introductions

Introduce yourself – say your name, grade and school.

Name	Grade	School
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Talk about why you are presenting today.

Helmets are important when riding a bike, scooter, skateboard or skates. They protect our heads and brains. We will show you how to properly fit a helmet.

Why Wear a Helmet

A. California law requires anyone under the age of 18 to wear a helmet when riding a bike, scooter, skateboard or skates.

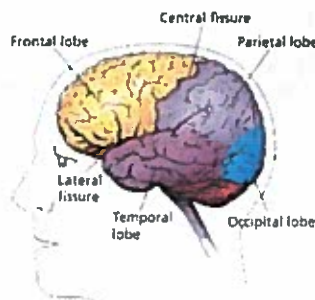
1. Police officers will write tickets for not wearing a helmet. Tickets can cost more than \$100.
2. In Los Gatos, you can be rewarded for wearing a helmet. Sometimes police give out gift cards for pizza or ice cream if you are caught properly wearing a helmet.

B. A helmet helps protect the brain.

1. The brain controls the body. You breathe, pump blood, see, remember and learn because of your brain.
2. The frontal lobe, the front part of the brain, controls thinking and reasoning. It is very important to protect.
3. The parietal and occipital lobes are located at the back of the head. They control visual skills and memory.
4. Falling off your bike or skateboard hitting your head can cause injury to your brain. It is much harder to heal your brain than to heal a broken arm.

Show Jell-O brain. Shake the brain model. Ask the group how you would fix the brain if it were damaged/hurt.

Lobes of the Brain



Frontal: motor skills, reasoning, cognition and language

Parietal: touch, spatial relationships, verbal memory

Occipital: visual cortex (sight)

Temporal: auditory cortex (hearing), language and speech skills and memories

<http://aks.rutgers.edu>

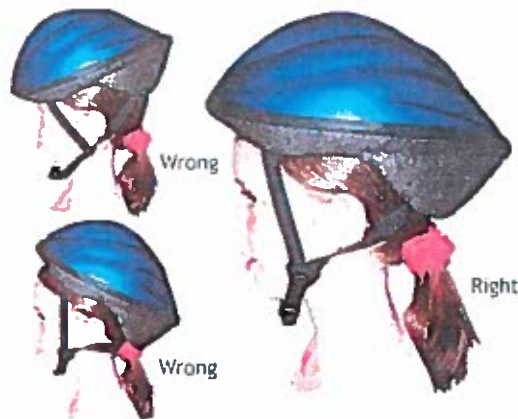
Types of Helmets

1. **Bike Helmets (show example):** Used mostly for bike riding. They protect the frontal lobe or front part of the brain. Bicyclists tend to go over the handlebars when in they are in an accident.
2. **Multi-sports helmets (show example):** Fits around head and sides. Can be used when riding a bike, skateboard or scooter or any non-motorized vehicle. Skateboarders tend to have the board slip out from underneath therefore causing them to fall backwards. They hit the back of their heads more often. Multi-sport helmets have more protection for the back of the head in addition to the front.
3. Helmets should have the **CPSC (Consumer Products Safety Commission) sticker of certification (show example)**. This indicates the helmet meets standard safety requirements.
4. Don't buy a used helmet at a garage sale. It may look new and have the CPSC sticker but you don't know if it has been in an accident. If a helmet has been dropped or involved in a crash it should be replaced. It will no longer be able to absorb the impact of another crash. (show example) (We have examples of damaged helmets.)



Helmet Fitting

Here are the 4 easy steps to fitting a helmet properly.



<http://www.nytimes.com/health/guides/injury/head-injury>

HELMETS SHOULD FIT SNUG: The helmet should be snug and not wobble side to side. (Demonstrate the wobble)

1. Choose a helmet that fits all around your head. There are different sizes and brands of helmets. Each company may have different sizing. For example, shoe sizes and fits vary from brand to brand. A size 6 in Nike might be different from a size 6 Adidas.
2. The inside pads can be used to adjust for fit and comfort. New helmets are always equipped with the smallest pads possible. If it **MOVES A LOT**, it is too loose. Use the thicker pads to adjust and make it snug. If the helmet does not go on, it is too small.

CHECK THE FIT BY THE EARS:

1. The front and rear straps should form a **Y** just below your ear.
2. Check using **2 fingers**.

CHECK THE FIT UNDER THE CHIN (MOUTH)

1. Always buckle your chinstrap.
2. Never wear a hat, beanie or cap under your helmet.
3. Adjust the chinstrap so that no more than **2 fingers** fit between the strap and your chin.
4. You should be able to comfortably open your mouth with the chinstrap properly fastened.

CHECK FOR FIT OVER THE EYES

Place helmet level on your head so you are able to see the helmet rim when you look up. There should be no more than **2 finger-widths** between your eyebrows and the helmet.

REVIEW

1. Protect your head. Protect your brain.
2. Don't buy a used helmet.
3. Helmets must have the CPSC certification sticker.
4. The helmet must be **SNUG** on the head.
5. Remember Rule of 2.
 - a. 2 fingers at your ear
 - b. 2 fingers below your chin
 - c. 2 fingers over eyebrows
6. Always buckle your helmet.
7. Don't wear hats or anything under the helmet.

DEMONSTRATION: MELON DROP

Explain that the melon represents the head. The skin of the melon is like a soft skull and the flesh is the brain. Place the melon in a demonstrator helmet. Drop the protected melon. It should survive the drop. Remove the melon from the helmet and drop it on the ground. See how the melon breaks apart.

ASK: Can we put it back together easily? **NO!**

