BIKE HELMET SAFETY
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{**ON CAM**}
AS THE SCHOOL YEAR GETS UNDERWAY … MANY STUDENTS MAY BE BIKE RIDDING TO SCHOOL FOR THE FIRST TIME.

{**TAKE VO**}
BUT IS YOUR KIDDO WEARING A HELMET? AND IF SO … DOES IT FIT PROPERLY? THOSE ARE THE TWO MOST IMPORTANT QUESTIONS TO ASK WHEN CONSIDERING INJURY PREVENTION FOR YOUNG CYCLISTS. DATA PROVIDED BY THE C-D-C INDICATES WEARING A HELMET REDUCES THE RISK OF SERIOUS HEAD INJURY BY SIXTY PERCENT. SO … HOW DO YOU KNOW IF YOUR HELMET IS UP TO THE JOB? PEDIATRICIAN JAMIE AVILA HAS SOME TIPS ON WHAT TO LOOK FOR.

{**TAKE SOT**}
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TRT: 17
You’re going to look for your children having a helmet that’s flat, parallel to the ground, that goes only about one or two, um, finger lengths till you get to their eyebrows. You want a chin strap that’s nice and tight. You shouldn’t be able to fit more than two fingers below that chin strap.

{**ON CAM**}
DOCTOR AVILA SAYS YOU ALSO WANT TO MAKE SURE THE HELMET IS APPROVED BY THE CONSUMER PRODUCT SAFETY COMMISSION. SHE SAYS IF YOU FLIP YOUR HELMET OVER, YOU SHOULD BE ABLE TO FIND A STICKER WITH ITS SEAL OF APPROVAL INSIDE.