



Teaching Kids to Wear Helmets

Make Helmet Use a Habit

Children are at high risk for head injuries from falls and crashes.

Parents and caregivers can help by:

- Modeling helmet use
- Making helmets fun with colors and designs
- Ensuring helmets fit properly
- Encouraging helmet policies in schools and sports

Start early.

Children who learn helmet habits young are much more likely to wear them as adults.



Protect Your Brain. Wear a Helmet.



Every year, thousands of Coloradans suffer preventable head injuries from biking, skiing, skating, motorcycling, and other recreational activities.

A properly worn helmet can reduce the risk of serious brain injury by **up to 60–85%**.

Small action. Lifelong protection.

Brought to you by:

ENA[®]
EMERGENCY NURSES
ASSOCIATION
Colorado State Council

Activities That Require Helmets

Helmets Aren't Just for Bikes

- Many activities carry a risk of head injury.
- Always wear a helmet when:
 - Bicycling
 - Riding scooters or e-scooters
 - Skateboarding or rollerblading
 - Skiing and snowboarding
 - Motorcycling or dirt biking
 - ATV or off-road vehicle riding
 - Ice skating or hockey

Each activity requires a specific type of helmet designed for that sport.

Using the correct helmet improves safety and protection.

Your Brain Is Worth Protecting

Traumatic brain injuries (TBI) can occur in seconds but may impact a lifetime.

Common causes of preventable head injuries include:

- Bicycle crashes
- Ski and snowboard accidents
- Skateboarding or rollerblading falls
- Motorcycle collisions
- Electric scooters and ATV crashes



Head injuries can lead to:

- Memory problems
- Permanent disability
- Cognitive impairment
- Loss of independence
- Death

Emergency nurses see firsthand how quickly an accident can change a life.

Helmets dramatically reduce the

Learn More About Injury Prevention

Colorado Emergency Nurses Association (ENA)

Committed to preventing injury and promoting safety in our communities.

For helmet safety resources visit:

- Colorado Department of Transportation
- Centers for Disease Control and Prevention (CDC)
- Safe Kids Worldwide
- National Highway Traffic Safety Administration (NHTSA)

Together we can prevent head injuries and save lives.



CHOOSE THE RIGHT HELMET

A properly fitted helmet should:

✓ FIT SNUG & LEVEL

- Sits level on your head (not tilted back or forward)
- Does not move when you shake your head gently



✓ STRAPS FORM A "V"

- Side straps should form a V shape just below your ears
- Adjust the sliders so V sits flat



✓ BUCKLE SNUG UNDER CHIN

- Buckle should be centered and snug
- You should be able to fit only 1-2 fingers under the strap



! Replace your helmet if:

- It has been in a crash
- It is cracked or damaged
- It no longer fits properly



or sooner if damaged.

