

Health In Progress

Lesson 15

Bicycle Helmets



QUESTION 15:

TRUE OR FALSE

It is the law in Tennessee that all children under 16 years of age must wear a bicycle helmet when riding a bike on all public roads in Tennessee.

ANSWER: True

1. Tennessee has a **Bike Helmet Law** which requires children under the age of 17 to wear bicycle helmets when riding bicycles on public streets and sidewalks. Citations can be issued to those not wearing helmets.
2. **Some important statistics about Bicycle Safety:**
 - a. **Head Injuries** are the most common cause of death in bicycle crashes. Most head injuries from bicycle accidents occur in children 14 years and under.
 - b. **The single most effective safety device available** to reduce head injury and death from bicycle. **Bicycle helmets can prevent up to 88% of cyclists' brain injuries.** However the helmets must be fitted securely and buckled properly.
 - c. **Most (more than 80%) of bicycle-related deaths are associated with improper behavior on the part of the bicyclist** (such as riding into a street without stopping, swerving into traffic, running a stop sign and riding against the flow of traffic).
3. **Bicycle Accident Prevention Tips**
 1. **Wear a bicycle helmet every time.**
 2. **Make sure that your bicycle is not too big;** your feet must touch the ground when you are sitting on the seat.
 3. **Children should not ride in the street until they are 10 years old,** can ride a bike well and observe the following "rules of the road":
 - Ride with traffic, on the right side of the road
 - Use correct hand signals
 - Respect traffic signals
 - Stop at all stop signs and red lights
 - Stop and look both ways before entering a street
 - Ride only one person to a bicycle
 - Do not ride after dark
 - Keep your bicycle in good shape, especially the brakes