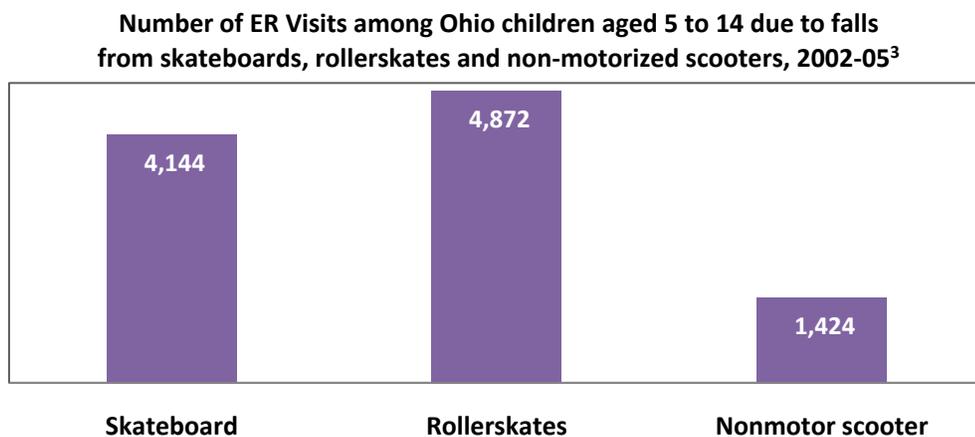


LEADING CAUSES - BIKING AND OTHER WHEELED SPORTS

Ohio Data

- Each year, about 200 Ohio children between the ages of 5 and 15 are admitted as hospital inpatients for injuries they received while riding a bicycle¹, and thousands more are treated in emergency rooms (ERs).
- An average of five Ohio children in this age range die from bicycle-related injuries each year.²
- Other wheeled sports can also result in serious injury. Among Ohio children aged 5 to 14 from 2002 to 2005, falls from skateboards, roller skates and non-motorized scooters resulted in 10,440 ER visits and 112 hospital inpatient admissions.³



Other Bicycle-related Injury Facts

- Bicycles are associated with more childhood injuries than any other consumer product except automobiles.⁴
- Child bicycling deaths increase 45 percent above the monthly average during the summer months.⁴
- Young cyclists are more likely than adult cyclists to die of head injuries, most of which are caused by motor vehicle collisions.⁵
- Among U.S. children and youth age 0 to 19 in 2000:
 - Head injuries accounted for 63 percent of bicycle fatalities.⁵
 - Collisions with motor vehicles accounted for 76 percent of bicycle fatalities.⁵
 - 62 percent of motor vehicle collision deaths were due to head injury.⁵

Sources:

¹Children's Safety Network Economics and Data Analysis Resource Center, based on 2003 incidence

²Ohio Vital Statistics

³Ohio Hospital Association

⁴Safe Kids US Summer Safety Ranking Report

⁵Children's Safety Network

Safety Tips for Parents and Caregivers:

- **Helmets prevent brain injury!** A helmet is the single, most important piece of safety equipment that a parent can buy to protect their child from bicycle and other wheeled sports-related head injuries.
 - **Make sure your child wears a helmet approved by the U.S. Consumer Product Safety Commission whenever they ride**
 - Head injuries account for almost two-thirds (62%) of bicycle-related deaths. Helmets have been shown to reduce the risk of head injury by as much as 85 percent. And they can be purchased for as little as \$7 each.
 - **Make sure your child wears a helmet and other protective gear (elbow pads, wrist guards and knee pads)** to prevent injuries when they bike, skate or scooter.
 - **Make sure the helmet is fitted properly and worn snugly.**
- **Don't place your child on a bike she or he will "grow into."** Your child's feet should touch the ground when sitting on the seat.
- **Teach your child the rules of the road including obeying all traffic laws.**
- **Be a role model.** Children are more likely to wear helmets each time they ride when their parents wear helmets as well.



For more Information on Bicycle and Other Wheeled Sports Safety:

- [Safe Kids USA Bicycle/Helmet Information](http://www.usa.safekids.org/tier2_rl.cfm?folder_id=169)
http://www.usa.safekids.org/tier2_rl.cfm?folder_id=169
- [Children's Safety Network - Bicycle Injuries](http://www.childrenssafetynetwork.org/topics/showtopic.asp?pkTopicID=27)
<http://www.childrenssafetynetwork.org/topics/showtopic.asp?pkTopicID=27>
- [Bicycle Helmet Safety Institute](http://www.bhsi.org/) <http://www.bhsi.org/>