

Bike Helmets are **REQUIRED** for those under 16 and recommended for **ALL!**



This law (RSA 265:144) was effective January 1, 2006

Why? Bicycle crashes are a major cause of brain injuries. Helmets prevent 85% of these injuries and 75% of the deaths. Helmets should be buckled and worn properly to protect your brain.

Why? Brain injuries cause life-long problems and huge medical bills. Life will never be the same!

Why? Safe helmets can cost less than \$10. Look for a sticker from the Consumer Product Safety Commission (CPSC) to be sure that it meets safety standards.

This law is for kids riding bicycles on public ways.
Helmets protect ALL heads. ANYONE riding a bike, skateboard, scooter or using skates anywhere should wear a helmet.

Helmets prevent BRAIN injuries!

Safety questions? Call Safe Kids NH at 1-877-783-0432

Brain Injury issues? Call the NH Brain Injury Association at 225-8400



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org