



**BE
HEAD
SMART**

LOCK IT UP!

When your bike, scooter or skateboard isn't being used

LOCK IT UP

or place in a closed garage

The majority of stolen property crimes is the result of unattended bicycles and items taken from unlocked cars

SO.... LOCK IT UP

PARENTS AND TEENS - You too

*Along with locking up bikes,
lock car doors*



BE HEAD SMART wear a helmet

Why Wear A Helmet?

Because it protects your brain if you fall.
The shell makes it skid on a hard surface so your neck does not get jerked.
The hard surface indicates you should wear a helmet to preserve your brain.

How much do they cost and what kind should I buy?

Bicycle helmets range in price from \$15 to \$150.
It is personal preference how fancy a helmet you purchase.
Ensure it has a sticker meeting the standards of the US Consumer Product Safety Commission (CPSC), American Society for Testing and Materials (ASTM), Snell Memorial Foundation, or the American National Standards Institution (ANSI).
Skateboarders need one that says ASTM F-1492 or Snell N-94.

***Purchasing a helmet is an investment
you can't afford not to make.***

"But Dad, I'm just gonna be out front..."

Research shows that the typical crash occurs within 1 mile of home.

"But Mom, I don't HAVE to wear a helmet ..."

Yet annually, more than 176,000 children ages 5-14 are treated in emergency rooms for skating, scooter and skateboarding injuries.



**THE CITY OF WESTON
and the Broward Sheriff's Office**

Promote the wearing of helmets for all wheeled sports

**Weston joins the Centers for Disease Control and Prevention (CDC)
and the Brain Injury Association of America
in recommending that you always wear a helmet when:**

**Riding a bike, motorcycle, scooter, or skateboard; skating;
horseback riding; playing football, ice hockey,
and batting or running bases in baseball & softball.**



BE HEAD SMART WEAR a helmet

The popularity of scooters, skates, skateboards
and other wheeled sports has skyrocketed

#1 killer and disabler of children in America is Traumatic Brain Injury (TBI)

3,000 children are killed each year

29,000 hospitalized with a brain injury

85% of head injuries are reduced by wearing a helmet

88% of brain injuries can be reduced by wearing a helmet

2 feet the distance from which a fall can result in a TBI

*A helmet is the simplest, most cost effective way to prevent wheel-related brain injuries.
There is no cure for brain injury. Brain cells do not heal like broken bones or torn muscles.*

The brain is the most fragile organ in the body – PROTECT IT

PARENTS *This means you too.
Be a role model for your child*

BE HEAD SMART WEAR a helmet

As more and more children receive scooters, injury statistics will continue to rise. Bicycle helmets are approved for scooter riders.

Gas and Electric Powered (Go-Peds)

MOTORIZED SCOOTERS

★ *It's The Law: Prohibited on roads, sidewalks and bike paths*

Requires a valid Florida drivers license to operate motorized scooters on any roads (FS 322.01) BUT, under Florida law, they cannot be issued a motor vehicle license tag, therefore CANNOT be operated on any roadway (FS320.01)

Are prohibited on sidewalks and bicycle paths (FS316.1995)

Violators may be issued a citation (FS318)

The not so old-fashioned, foot power kind

SCOOTERS

★ *It's The Law: Prohibited on roads; Allowed on sidewalks & bike paths*

Non-motorized scooters (human powered) may not go upon any roadway except while crossing a street on a crosswalk (FS316.1195)

19 deaths related to scooters as of 2001 statistics

**85% of head injures can be reduced by wearing
a helmet – a dramatic reduction**



BE HEAD SMART
wear a helmet

Skating on roads, besides being illegal, causes a risk of colliding with cars, bicyclists and pedestrians.

SKATES & SKATEBOARDS

★ *It's The Law:*

No person upon roller skates, or riding in or by means of any coaster, toy vehicle, or similar device, may go upon any roadway except while crossing a street on a crosswalk (FS316.1995)

Bicycles helmets are fine for recreational in-line or roller skaters.

Skateboarders are different:

they require helmets with a sticker that says ASTM F-1492 or Snell N-94 which is designed to meet the multi-impact skateboard standard.

175,000 children ages 14 and under are treated in emergency rooms annually for skating, scooter and skateboarding injuries

85% of head injuries can be reduced by wearing a helmet – a dramatic reduction



BE HEAD SMART WEAR a helmet

Bicycle incidents are most likely to occur within five blocks of home and half occur in driveways and on sidewalks.

WESTON HAS OVER 46 MILES OF MARKED BIKE LANES

BICYCLES



It's The Law:

Bicycle riders and passengers under age 16 must wear a bicycle helmet

The helmet is to be properly fitted and fastened on the head with a strap

Bicycles in use between sunset and sunrise shall be equipped with a lamp on the front and a lamp or reflector on the rear

Bicycles ARE allowed on sidewalks but must yield to pedestrians (FS 316.2065)

More kids ages 5-14 go the hospital ER with injuries related to biking than any other sport

Over 70% of children ages 5-14 ride bikes – 27.7 million.

567,000 reported bicycle-related injuries occur each year

70%-80% of all fatal bicycle crashes involve brain injuries

130,000 of those children, sustain brain injuries

