

HAWAII HELMET LAWS:

City and County of Honolulu

No person under sixteen (16) years of age shall operate a bicycle on a street, bikeway, or any other public property unless that person is wearing a properly fitted and fastened bicycle helmet. This requirement also applies to a person who rides a bicycle while in a restraining seat attached to the bicycle or in a trailer towed by the bicycle. (www.bit.ly/2CQjJip)

State of Hawaii, Department of Health

Motorcycles and Motor Scooter operators and passengers under the age of 18 are required to wear a helmet with a chin strap. Keiki under 7 years old are prohibited from riding on motorcycles or motor scooters. (www.bit.ly/2N96TAo)

A bike helmet must meet the CPSC (Consumer Product Safety Commission) standard, by law.

There is a skateboard helmet standard by the ASTM International indicated by a sticker, but no law requires the manufacturers to use the sticker.

A multi-sport helmet can meet both CPSC and ASTM standard and can be used for both bicycle skating or skateboarding.

The helmets that we give out for bicycle are CPSC standard and the multi-sport are both CPSC and ASTM Standard.

SAFETY AND INJURY FACTS

- According to the Insurance Institute for Highway Safety (IIHS), helmet use has been estimated to reduce the odds of head injury by 50%, and the odds of head, face, or neck injury by 33%.
- Helmets are important for riders of all ages, not just young bicyclists.
- From 2007-2015 there were 15 fatalities among resident bicyclists in Hawaii. Only 2 (13%) of the victims were wearing a helmet. (11 were not and 2 unknown).*

www.bit.ly/2NERtDI

*http://health.hawaii.gov/injuryprevention/files/2013/09/mvc_bicycle_Datachapter2007-11a-1.2MB.pdf



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Helmet Fact Sheet

The Right Way Every Time

FOR MORE INFORMATION VISIT:

www.safekids.org/safe-kids-coalitions-united-states

www.nhtsa.gov



How to Fit Your Helmet

SPELL-IT-OUT

Kupuna, adults and keiki benefit from wearing a helmet. A safety helmet, for anything from biking to skateboarding, can greatly reduce the risk of a severe head injury and may even save your life. Getting your helmet to fit right is as easy as H-E-L-M-E-T!



Your helmet should be like a **HAT**. It should be comfortable and attractive. If you like it you will wear it!



Your helmet should sit 2 fingers above your **EYEBROWS**. It should be level on your head.



LOCK the slider in place. Adjust the slider to form a V, under, and slightly in front of your ears.



Center the left buckle on your chin. Right below your **MOUTH**. Buckle the chin strap.



Your helmet should buckle with **EASE** but still fit tight. When you yawn, your helmet should pull down. Only 1-2 fingers should fit under the strap.



TEST it out! Shake your head. Your helmet should stay in place.

HOW TO CHOOSE A HELMET

- Don't rely solely on the helmet's name or appearance, or claims made on the packaging, to determine a helmet's safety.
- Avoid helmets that contain nonessential elements that stick out from the helmet. Decorative items may prevent the helmet's smooth surface from sliding after a fall, which could lead to injury.
- Don't add stickers, coverings or other attachments that are not provided with the helmet. These additions could negatively affect the helmet's performance.
- Avoid novelty or toy helmets. Such helmets are not made to comply with any standard and offer little or no protection.

Learn more from the U.S. Consumer Product Safety Commission (www.bit.ly/2OjMlwn).

TIPS FOR PARENTS

- Be a role model
- Always know where your keiki are going
- Replace a helmet after a crash even without visible damage
- Teach children to cross the street safely
- Encourage keiki to wear bright reflective, tight fitting clothes