

# Helmets

## Bicycle Safety Lesson 1

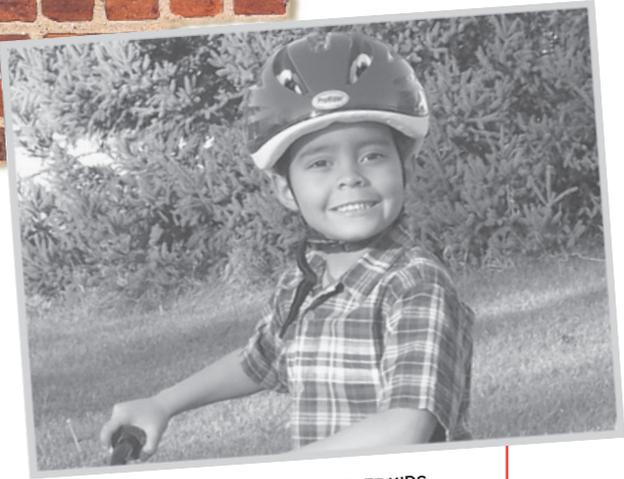


Photo courtesy Jeff Spitzley, Michigan SAFE KIDS

### STUDENT LEARNING OBJECTIVES

- Students will learn who else wears helmets.
- Students will learn how to identify the characteristics of an appropriate bicycle helmet.
- Students will learn how to properly fit a bicycle helmet on themselves.
- Students will learn how to properly fit a bicycle helmet on another person.

### PREPARATION

- Gather needed materials.
- Decide how you will divide the class into groups of 4-6.
- Duplicate enough copies of the “How to Choose and Fit a Bike Helmet” handout so that each student will have one.

### MATERIALS

- Master for Student Worksheets and Handouts.
  - Helmet Fitting Worksheet.
  - Make Sure it Fits Handout (Take-Home).
  - The Right Bike (Take-Home).
- Pictures of athletes and professionals wearing helmets for use during their daily work activities.
- One old and worn bicycle helmet.
- One good/safe bicycle helmet.
- Demonstration loaner or gift bicycle helmets.
- A mirror so children may see themselves wearing properly fitted helmets.
- Inexpensive throwaway shower caps.

**TIME: 25 MINUTES**

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## Bicycle Safety Lesson 1, cont.

### INTRODUCTION

Time: 1 minute

Connect this lesson on bicycle safety with previous lessons on other safe behaviors and preventing injuries.

Share with the students:

*Bicycling and walking are SMART ways to get to school. If you bike or walk to school, you will learn how to get around your own neighborhood better! You will also get a better understanding of space, distance, and direction. You will also learn how to read or use maps.*

*Bicycling and walking are SAFE ways to get to school if you follow the rules of the road. You have to do more than just remember the rules of the road: you have to use them too!*

*Bicycling and walking to school are FUN ways to get to school! It is even more fun if you can walk or bike to school with your parents or friends.*

*Before you even get on your bike, it is important that you have the right equipment and know how to use it properly.*

*Now that you are in the \_\_\_ grade you are probably riding your bike more often. Today we are going to talk about the importance of bicycle helmets and how you learn to fit them to you.*

### ACTIVITY 1: WHO WEARS HELMETS AND WHY?

Time: 6 minutes

*First, let's think of some people who wear helmets as part of their work or their daily activities. Raise your hand if you can think of someone who wears a helmet for his or her work.*

Call on a few students to share their ideas.

Display the appropriate picture as the students mention it. Once they have listed as many as they can, display any remaining pictures. Use the paper printouts or overheads, or show them on a computer monitor.

*Why do you think these people wear helmets? Who can tell me a reason?*

*Let's list all the reasons. Here are some you may not have thought of.*

- Head protection from falling objects.
- Head protection during a fall.
- Head protection in a crash.
- Head protection from other players during games.
- Easier to see than hair.
- Identifies someone who is serious about his or her work or athletic task.
- Completes a uniform.
- Shows that the helmet wearer is taking responsibility for his or her own safety.
- Putting the helmet on is part of the ritual of getting ready to work or play the game (5th graders may understand this concept)

### **ACTIVITY 2: CHARACTERISTICS OF A GOOD HELMET**

Time: 7 minutes

Explain and demonstrate the characteristics of a good helmet.

- Color and brightness; think White, Light or Bright.
- Straps and slider adjustments on straps to ease fitting.
- Two sets of pads (one thin and one thick) to adjust to wearer.
- Sticker from US Consumer Product Safety Commission (CPSC).

Ask the children what they should look for inside the helmet and/or helmet box.

- Ask a volunteer to identify the CPSC Sticker.
- Ask a volunteer to identify the sponge rubber pads.

Show them the old demonstration helmet and ask them what is right and wrong with it. Specifically discuss color and size as well as proper fitting techniques.

### **ACTIVITY 3: HOW TO PROPERLY FIT A HELMET**

Time: 10 minutes

Give students the Helmet Fitting Worksheet.

Demonstrate how to fit a helmet on yourself (Make sure your helmet is the right size before you try it on in front of the class!)

Then ask for a volunteer from the class and fit that child with a helmet using the 1-2-V method. Ask the student to put on a disposable shower cap before fitting him or her with the helmet.

Then ask another student to fit the helmet to yet another student and demonstrate the 1-2-V method while doing so (use another shower cap as head protection).

Give students the "Make Sure it Fits" handout to take home.

### **CLOSURE**

Time: 1 minute

Summarize by sharing:

*Remember that helmets can help keep you safe during many activities, including bike riding. Lots of people wear helmets for work and play because they know that they will be safer too.*

*Remember to always wear your helmet when you ride your bike and be sure it fits you the right way.*

*Take these handouts home to share with your family. If your parents and brothers and sisters ride bikes, show them how to buy a helmet and how to wear it correctly.*

*Our next bike safety lesson will teach us how to safely ride our bicycles.*