



# NEWS RELEASE

For immediate release

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## **BC Children's Hospital urges parents to ensure their children are using bike helmets**

**Vancouver, B.C.** – Six recent incidents involving children and youth riding bicycles without bike helmets on, or with improperly secured helmets, have safety experts at BC Children's Hospital issuing a warning to B.C. parents.

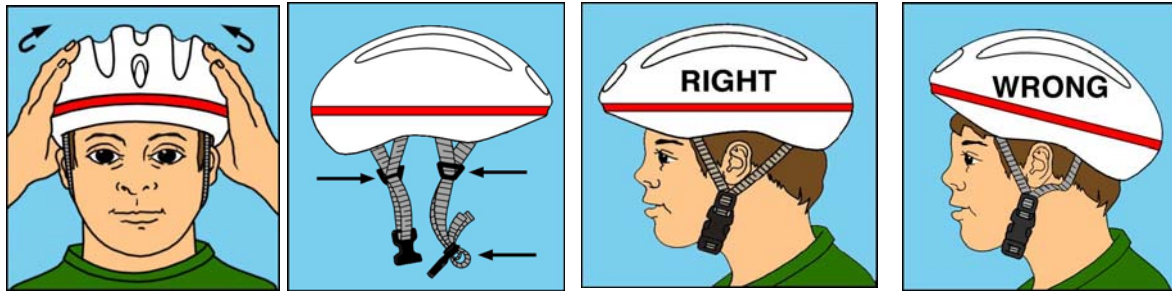
“We had six patients with head injuries, five serious enough to admit to our Intensive Care Unit, in the latter half of April,” said Lidia Kemeny, Director of Child Health Awareness and the Safety Station at BC Children's. “Five of these children weren't wearing bike helmets. With the warm weather here now, we really need parents to ensure children are wearing their bike helmets, and that those helmets are secured properly.”

“In the span of two weeks we have seen more head injuries due to children not wearing bike helmets than we've typically seen over the course of an entire year for the last six years,” said Dr. Paul Steinbok, Head of the Division of Neurosurgery. “The sad part is that these injuries are almost always preventable.”

Data from the Children's Hospital Injury Reporting and Prevention Program (CHIRPP) shows that these incidents typically involve boys aged five to 14, and that the number of incidents involving cyclists not wearing helmets has been increasing every year since CHIRPP's inception in 1997.

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## TIPS TO ENSURE THE PURCHASE OF THE CORRECT BICYCLE HELMET (the 4 S's)



- Size:** try several different helmets before you buy one to ensure a good fit
- Strap:** the helmet should not move or rotate on your head
- Straight:** ensure that the helmet is worn low on the forehead, just above your eyebrows
- Sticker:** look for certification (i.e. CSA, Snell, ASTM, CPSC)

*BC Children's Hospital, an agency of the Provincial Health Services Authority, provides expert care for the province's most seriously ill or injured children, including newborns and adolescents. For more information please visit [www.cw.bc.ca](http://www.cw.bc.ca).*

*The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across BC, working with the five geographic health authorities to deliver province-wide solutions that improve the health of British Columbians. For more information please visit [www.phsa.ca](http://www.phsa.ca).*

Media contact:

BC Children's Hospital  
Public Affairs & Communications  
604-875-2301  
[pafc@cw.bc.ca](mailto:pafc@cw.bc.ca)