

4-H +Me = Health: Protect Your Noggin



What will we learn? Club members will understand the importance of and recognize the need for wearing a bicycle helmet. They will also learn how to make sure they are wearing their helmets properly. Wearing a helmet protects your noggin!

Why is this important? Of all the bicyclists killed in 2009, 91 percent were not wearing helmets. Bicycling accidents cause many serious injuries, including about 1,300 deaths in the United States each year. Riders with helmets have 85 percent fewer head injuries and 88 percent less brain injuries.

Prep time needed: This will be determined by which demo you select and what other optional resources you choose to collect and display at your meeting.

Activity length: 5 minutes

What will we need?

Preparation:

- Clean-up supplies
- Bicycle Helmet Safety Institute Handout at <http://www.helmets.org/demos.htm> (select 1 or more demos)
 - Melon Drop: 2 ripe, head-sized melons (honeydews or pumpkins) and 2 helmets
 - Jello Brain: Jello mold, jello mix, and water
 - Egg Drop: Sand, brick, bucket and 2 eggs
 - Computer Drop: 1 useless computer, camera or other expensive looking object
 - Light Bulb Drop: Light bulb, plastic wrap, rubber band, and helmet
- Optional: Collect additional resources for a display on bicycle helmet safety. Suggestions include Extension publications including the Bicycle 1 manual: *Bicycling for Fun* page 8; the Bicycle Helmet Safety Institute site at www.bhsi.org/dotdemos.pdf; bicycle safety videos at <http://www.nhtsa.gov/Bicycles> and bicycle fatality statistics at www.iihs.org/research/fatality.aspx?topicName=Bicycles&year=2011
- Optional: Purchase the Splat! helmet safety game at www.anatomystuff.co.uk/product-splat-the-helmet-safety-game_246431.aspx
- Optional: Check what resources might be available within your community from local bike shops, police departments, bike cooperatives, or health community initiatives.

At the meeting:

- Table for demonstration items
- Optional: Display board

What do I need to do?

Preparation:

1. Collect materials for at least one of the demos you selected.
2. Optional: Prepare a display board on the importance of wearing a helmet while riding a bicycle.

At the meeting:

1. Detailed instructions are available on the Bicycle Helmet Safety Institute handout.
2. Questions or game cards could be drawn randomly to determine whether the participant drops with or without a helmet.

Summary: Bicycle helmets greatly reduce the risk of head injuries when worn correctly.

What 4-H projects does this activity connect with: Health, Bicycle and Sports

Resources:

<http://www.bhsi.org>

<http://www.iihs.org/research/fatality.aspx?topicName=Bicycles&year=2011>