

Chapter 14 Lesson 3: The Nervous System

Introduction:

Head and spinal cord injuries are among the most serious kinds of damage the human body can experience. You may be at risk for this potentially debilitating type of injury when you engage in sports that involve a risk of falls or collisions, such as rock climbing, football, or bicycling. Fortunately, you can protect yourself by wearing a suitable helmet whenever you take part in these types of sports. This fact sheet developed by the National Highway Traffic Safety Administration (NHTSA) provides more information about bicycle helmets and the protection they provide.

Links to Explore:

Bicycle Helmet Use Laws

[http://www.nhtsa.dot.gov/staticfiles/DOT/NHTSA/Rulemaking/Articles/AssociatedFiles/02 Bike Helmet Use.pdf](http://www.nhtsa.dot.gov/staticfiles/DOT/NHTSA/Rulemaking/Articles/AssociatedFiles/02_Bike_Helmet_Use.pdf)

Directions:

- Click on the link and read the NHTSA fact sheet bicycle helmet laws.
 - Then answer the following questions:
1. How effective are bicycle helmets in reducing head and brain injuries?
 2. What percentage of all bicyclists wear helmets?
 3. When and where was the first bicycle helmet law passed?
 4. How do bicycle helmet laws save states money?
 5. How many states had bicycle helmet laws at the time this fact sheet was published in 2006?

Answers:

1. 85 to 88 percent effective
2. Only about 20 to 25 percent
3. In California in 1986 (effective in 1987)
4. By preventing injuries that are expensive to treat
5. 20 states plus the District of Columbia

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Easy Steps to Properly Fit a Bicycle Helmet

<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/>

Bike Injury

http://www.usa.safekids.org/tier3_cd.cfm?content_item_id=1010&folder_id=540

Protect Yourself...Wear a Helmet!

<http://www.nsc.org/library/facts/helmets.htm>