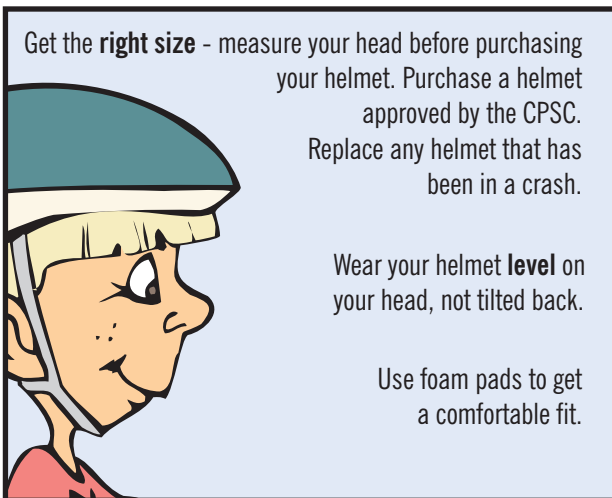


# Helmets: Get information & a coupon!

## How to fit a helmet:



Get the **right size** - measure your head before purchasing your helmet. Purchase a helmet approved by the CPSC. Replace any helmet that has been in a crash.

Wear your helmet **level** on your head, not tilted back.

Use foam pads to get a comfortable fit.

Straps should be snug, but not uncomfortable. Straps should form a “v” under the ear.

Tighten the chin strap, and make sure the buckle is **secure** and snug.

Your helmet should pull down when you open your mouth.

Purchase helmets that your kids like and will wear.

Helmets come in many colors - bright colors are more visible to vehicles.

Look for vents; good ventilation can make the head cooler and more comfortable.

And finally, be sure to read all instructions that come with your helmet.



## Helmets work!

Helmets reduce the risk of head injury by 85%.

Helmets reduce the risk of brain injury by 88%.

Bicycling, skateboarding, riding scooters and in-line skating are sports that require protective gear to help prevent injury or death.

**Protect your head...Wear a helmet.**

Find out more...

Safe Kids USA [www.safekids.org](http://www.safekids.org)

Bike Helmet Safety Institute [www.bhsi.org](http://www.bhsi.org)



## 20% OFF HELMETS\*

Offer good: June 1, 2010  
through December 31, 2010

\*20% off the regular price of protective helmets in stock. Includes bike, skateboard, and in-line skate helmets; excludes batting helmets.

Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase only. Cannot be combined with any other offer or sale. Go to [www.big5sportinggoods.com](http://www.big5sportinggoods.com) for the location nearest you.



Injury Prevention Program

1101 West College Ave., Spokane, WA 99201-2095

TEL 509.324.1530 | TDD 509.324.1464 | [www.srhd.org](http://www.srhd.org)

# Life jackets: Get information & a coupon!

## Why should people of all ages wear life jackets?

Drowning is swift, occurring in as little as 30 seconds, and silent. In 2006, in Washington State, 123 drownings occurred - involving all age groups (48 of the drownings were 40-64 year olds). Safety is for everyone - and drownings are preventable!

## When buying a life jacket check for:

- Coast Guard approval label.
- A snug fit. Check weight and size on the label and try the life jacket on your child. Pick up your child by the shoulders of the life jacket. The child's chin and ears should not slip through if the fit is proper.
- Head support for younger children. A well designed life jacket will support the child's head when the child is in the water.
- A strap between the legs for younger children will help prevent the vest from coming off.
- Appropriate type of activity and water conditions. There are five different types of life jackets. Ask the salesperson to describe to you the different types and their purposes.
- Comfort and appearance. This is especially important to teens who may be less likely to want to wear a life jacket.

## Guidelines for wearing life jackets.

- Children between birth and 4 years: on beaches, docks, in boats, and on inner tubes.
- Children between 5 and 10 years: on docks, in boats, and on inner tubes.
- Children 11 through adults: in boats, and on inner tubes.
- Anyone participating in such water activities as skiing, surfing, wind surfing, jet-skiing, etc.

## How do you use a life jacket?

- Every spring, check the life jacket for fit as well as wear and tear. Throw it away if you find air leakage, mildew, rot, or rust.
- Practice wearing your life jacket in the water. Each type of jacket provides flotation in slightly different positions. Make sure your jacket works for you as designed.
- Never substitute toys, such as water wings, or plastic rings, for a life jacket.



**BIG 5**  
SPORTING GOODS

**25% OFF**  
**LIFE JACKETS\***

Offer good: May 1, 2008  
through September 30, 2008

\*25% off the regular price of any Hang 10, Stearns, Body Glove, X20, Maui & Sons, or Winning Edge life jackets in stock

Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase only. Cannot be combined with any other offer or sale. Go to [www.big5sportinggoods.com](http://www.big5sportinggoods.com) for the location nearest you.

