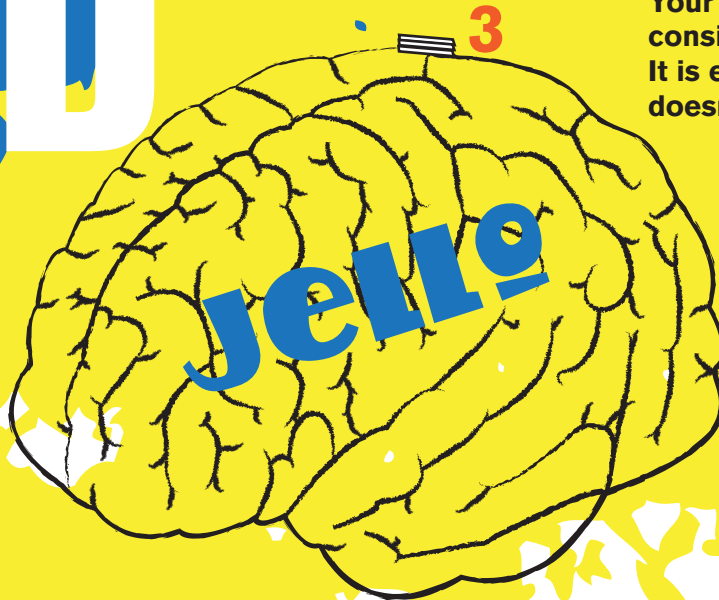


PROTECT YOUR HEAD

Your skull, which protects your brain, is only the thickness of **3** pennies.

Your brain is the consistency of **Jello**. It is easily hurt and doesn't heal very well.



The **GOOD NEWS** is that **90%** of all brain injuries are **PREVENTABLE!**

90%
PREVENTABLE

PLAY SAFE! Wear the Gear - like your helmet. It's the law and they can prevent up to **85%** of brain injuries.

PROPER HELMET FITTING TEST

1. Front of helmet fit's 1" above the eyebrows (approx. two finger widths) to protect the forehead.

YES NO

2. One finger under chin strap.

YES NO

3. Straps form a V under ears.

YES NO



Share this information with your family.

Turn over for more information →

SUMMER HELMET SAFETY



ATTENTION PARENTS!

If you suspect your child has had a **CONCUSSION**, seek medical attention as concussions can result in lasting problems if not treated properly. Children's symptoms can be more subtle and easy to miss.

Some symptoms to watch for includes:

- appearing dazed or confused
- answers questions slowly or with slurred speech
- headaches or nausea
- problems with balance
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish or "foggy"
- problems concentrating or remembering basic things such as the day or time



WINTER HELMET SAFETY

- Helmets are important when playing on ice or snow – this includes skiing, snowboarding, ringette, hockey and ice skating as injuries can occur as a result of falling or hitting rocks, trees and other people.
- It is important to choose a helmet that is approved for winter sports and that fits well
- Ear pads should be right against your ears
- Helmets for winter sports are insulated and provide complete head coverage and high impact protection
- A helmet should fit securely but not tightly – check the fit by holding the helmet in place and turn your head from side to side, and up and down. The helmet should have very little room for movement and should not obscure your vision.
- Ensure a child's helmet fits, don't buy one larger for them to grow into as this increase the chance for injuries to occur
- As with summer sports – parents should serve as role models for children, who learn best by example.



BIKE SAFETY TIPS FOR THE WHOLE FAMILY!

- 1 Make sure your bike works well, especially the brakes.
- 2 Use designated bike lanes when available and obey all by-laws.
- 3 Wear bright colours and put reflective materials on you and your bike so drivers can see you.
- 4 Don't wear headphones because you may not hear important noises such as a car horn.
- 5 Always ride with both hands on the handlebars.
- 6 Kids 10 years and younger should ride on the side walk and avoid the street.
- 7 Cross only at intersections and walk your bike across.
- 8 Ride on the right hand side of the street so you travel in the same direction as the traffic.
- 9 Don't ride too close to parked cars as doors can open suddenly.
10. **PARENTS** - remember to be a role model for your kids and don't forget to wear your helmet!

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