

regarding the hazards of risk taking and the improper use of equipment. Safety helmets, protective eye and mouth shields, and protective padding are strongly recommended for children engaging in active sports, even though they may not be required equipment. Falls from bicycles are the cause of a significant number of head injuries in school-age children, and the most important aspect of bicycle safety is to encourage children to wear protective helmets (Fig. 14-9) (Meehan, Lee, Fischer, et al, 2013).



FIG 14-9 The right size bike is important. The child should be able to sit on the bike and place the balls of both feet on the ground. The foot should comfortably reach and manipulate the pedal in the down position. Wearing a protective helmet is mandatory. The helmet should be positioned so it sits low on the forehead and parallel to the ground when the head is held upright. It should not rock back and forth or shift from side to side. The strap should fasten securely under the chin.

Physically active school-age children are also highly susceptible to cuts and abrasions, and the incidence of childhood fractures, strains, and sprains is high. Trampoline injuries are highest in children 5 through 14 years old and account for numerous fractures, sprains, and head injuries. Trampolines in the home environment, routine physical education classes, or outdoor