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**For Immediate Release**  
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## **NEWS RELEASE**

### **Joining Forces to Prevent Head Injuries**

**Port Charlotte (FL)** – A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.

More children ages 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws help ensure the safety of our children, but a helmet that does not fit properly is almost like not wearing any helmet at all. Children whose helmets fit poorly are at twice the risk of head injury in a crash.

Statistics such as these are why members from the Charlotte County Health Department, the Charlotte County Sheriff's Office and local bicycling community are participating in a bicycle helmet fitting class and certification on Wednesday August 18, 2010 from 1:00 to 3:00 at the new Port Charlotte health facility at 1100 Loveland Boulevard. Florida Department of Transportation's Safe Routes to School program will be providing the helmet fitting training.

The trained certified helmet fitters will be able to ensure that the children in Charlotte County have properly fitting helmets available to them.

For more information call 941-624-7200 or visit the CCHD Web site [www.charlottechd.com](http://www.charlottechd.com).

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