



# CITY OF CLEARWATER

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POLICE DEPARTMENT

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## AMERICORPS CLEARWATER HELP WITH FREE HELMET GIVE-AWAY

**Clearwater, Fla.** – The most effective way to reduce the risk for head injuries from bicycle crashes is to wear a helmet. AmeriCorps Clearwater is partnering with Amscot Financial to give away free helmets. The helmets are offered in three sizes: small, medium and large.

The give-away is targeted towards children in pre-school and elementary school. The helmets will be distributed on October 22, 2009 from 6:00 to 10:00 a.m. in the parking lot of the Amscot at 1825 Gulf to Bay Boulevard in Clearwater, Florida.

Parents can greatly reduce head injuries associated with bicycles crashes by making sure young riders always wear a helmet. Making sure the helmet properly fits is also important. Conduct the "Eyes, Ears and Mouth" test:

- **EYES** check: Position the helmet on the child's head. The bottom rim of the helmet should be one to two fingers above the eyebrows.
- **EARS** check: Make sure the straps of the helmet form a "V" under the child's ears when buckled. The strap should be snug but comfortable.
- **MOUTH** check: Have the child open his or her mouth as wide as possible. Does the helmet feel snug on the child's head? If not, tighten the straps.

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