



Students win helmets and a bicycle

WEST AKRON — By utilizing their writing talents, eight students at St. Hilary Elementary School won bicycle helmets, and one winner received a bicycle. The helmet-safety contest "Buckle

Up Your Brain" was sponsored by the law firm of Scanlon & Gearing. (See photo and caption for winners' names.)

Scanlon & Gearing offers the following tips for

helmet safety:

- A helmet designed for another sport should not be substituted for a bicycle helmet.

- A helmet should rest level on a child's head, with the front rim just across the eyebrows, not tilted forward or backward.

- Always check strap adjustments. Try rolling the helmet backward enough to expose the forehead or forward enough to block the vision. If you can do this, the straps are not properly adjusted or the helmet fits too loosely.

- A helmet should be replaced after a crash, since it absorbs serious impact only once, and after three to five years, as normal wear and tear reduce a helmet's strength and protection capabilities.

- Law requires helmets meet at least one of four existing safety standards. Look for



Scanlon & Gearing's "Buckle Up Your Brain" helmet and bicycle winners from St. Hilary Elementary School are: (pictured in front row, from left) Alexandra Luby, kindergarten; Gracie Pugliese, second grade; Danielle Silko, first grade (standing with her new 20-inch bicycle); Taylor Carey, fourth grade; (pictured in the back row, from left) Mark Hilkert, an attorney; Mike DiFeo, fifth grade; Justin Whitl, sixth grade; Karen Alestock, assistant principal; Jonathan Olbrych, seventh grade; and Michael Del Medico, an attorney. Not pictured is Susan Lloyd, third grade.

- a helmet with a label that says it conforms to ANSI, ASTM, SNELL or CSA standards.

- Set a rule that a helmet is worn every time a child rides a bicycle, even for short trips.

- Set a good example for your child and wear a helmet yourself.

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