

# New Mexico Child Helmet Safety Law

As of July 1, 2007, children and youth younger than 18 are required by law to wear a helmet when using bicycles, tri-cycles, skateboards, scooters, and skates on public property in New Mexico.

**Wearing a helmet *correctly* is just as important as wearing a helmet!**

- 1) **The helmet should be worn level on the head** — not tilted back or pulled too low on the forehead.
- 2) **Fasten and tighten the chin strap** . Adjust the slider on both straps to form a “V” shape under and slightly in front of the ears. The slider should be under the ear lobe.
- 3) **The helmet should be snug and not move side-to-side or back-to-front.**



**Wearing a bicycle helmet can reduce the risk of brain injury by as much as 88%!**



In New Mexico, about **one child per day is hospitalized for a serious brain injury**. Broken bones or “road rash” will heal but a head injury can cause death or damage to the brain that can last a life-time. Even a mild injury to the brain can cause serious problems such as loss of memory, changes in personality, and make it harder to learn new things. That’s why it’s important to protect a child’s brain with a helmet.

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