

ThinkFirst Summer Drive

To Prevent Brain, Spinal Cord and other Traumatic Injuries



Help our Drive Raise \$30,000 for 30 Years!

Please! Help Us Reach Our Goal!

DONATE

Your donation supports injury prevention program development for use throughout the U.S.

Thank You!

The 2016 Summer Drive will run for 10 weeks, June 20 - August 29.

This Week's Summer Safety Links

[Fit Your Helmet For Safety \(English\)](#)

[Fit Your Helmet For Safety \(Spanish\)](#)

[Bicycle Safety For Teachers](#)

[Bicycle Safety For Youth](#)

[Bicycle Safety Fast Facts](#)

Week 4, July 10, 2016

July is a month for riding bikes! Help keep everyone injury-free by riding safely and wearing properly fitted bicycle helmets. Check out this week's features and use the links at left to access this week's safety handouts-- we have lots of useful information on bike safety. **And if you can, please help move our little red car toward \$30,000 by making a donation today! Thank you, and happy cycling!**

Bicycle Safety: Wear a Helmet!

Bicycle riding is a great activity that gets you where you are going while helping you get in shape! To protect yourself and your family in the event of a crash, be sure everyone wears their bicycle helmet correctly. ThinkFirst chapters conduct events throughout the summer to teach families how to fit and buckle helmets so they offer the best protection. Click [here](#) for instructions on fitting a helmet.

Do you think helmets are just for kids? Adults are actually involved in more bike crashes than kids are. Not only that, children emulate what their parents are doing, so setting the example helps your child develop good safety habits. See the handouts below left for information on helmet use and bicycle safety.

Helmets are also important when using other sports equipment like tricycles, big wheels, scooters, skateboards, inline skates, and hover boards.



2016 Community Involvement Award: Frisco, Colorado

This year's Outstanding Community Involvement Award was presented to the Summit Medical Center & Mountain Clinics ThinkFirst chapter at St. Anthony's Medical Center, Frisco, Colorado. Accepting the Award in Chicago on May 1st was Chapter Director, Holly Adnan. Holly organizes helmet awareness events at local ski resorts, distributing ski helmets at cost to anyone in need of a helmet. See [Awards Program](#).

Colorado has an active history with ThinkFirst and skier safety. Dr. and Mrs. Tetsuo Tatsumi established a ThinkFirst chapter in Vail in 1999. Kim Greene is the Colorado State Chapter Director at the Vail chapter and works closely with Holly's Frisco chapter and others throughout the state. Jeremy Greene and Carlos Santos are VIP speakers, Voices for Injury Prevention, who share their personal stories about their experience with traumatic injury at ThinkFirst school presentations. All attended the 2016 ThinkFirst Conference on Injury Prevention and Award Ceremony in Chicago.



Jeremy Greene, Kim Greene, Holly Adnan, Dr. Tetsuo Tatsumi, Carlos Santos and Cindy Tatsumi

Ski Helmet Use

- Helmets reduce the risk of brain injury among skiers and snowboarders by 65-75%.
- Helmet use is increasing among skiers and snowboarders every season.
- Helmet use among renters is lower than the population. Free loaner helmets increases helmet use among renters.
- Making helmets available in ski schools can increase helmet use among students up to 80%, without a mandate.

Helmet Use Success - Keep it Fun!

Teachers, healthcare workers and ThinkFirst educators provide safety lessons on cycling safety and helmet use, but *parents* are the ones with the greatest ability to assure everyone is wearing a helmet. Keep learning fun by making a gelatin brain to teach kids about the brain and how to protect it.

To order a **Gelatin Brain Mold** see our [Product Catalog](#).

Also available in the Product Catalog, **Red or Black Wristbands** that say:

One Brain, One Body - ThinkFirst!



Building a Culture of Safety Toward Zero Injuries

To donate by mail or phone:

ThinkFirst Foundation

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Naperville, IL 60563
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Phone 630-961-1400
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Website www.thinkfirst.org
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National Injury Prevention Foundation

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Preventing brain, spinal cord and other traumatic injuries through education, research and advocacy since 1986.

Classroom and Assembly Presentations • Health Fairs • Community Events

Vehicle Safety • Bicycle Safety • Sports Safety • Concussion • Falls Prevention • Violence Prevention • Water Safety

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