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## WHAT IS A TBI?

TBI stands for traumatic brain injury.

Examples of TBIs include concussions, skull fractures, and hematomas. They can lead to devastating repercussions such as comas, paralysis, and impairments in mental functions.



## WHAT IS ImPACT?

ImPACT stands for Immediate Post-Concussion Assessment and Cognitive Testing.

It is a baseline test that athletes take when they are healthy. Later, if they sustain a head injury, they can take the test again to determine if they have a TBI. This test is available at Overlook Hospital.

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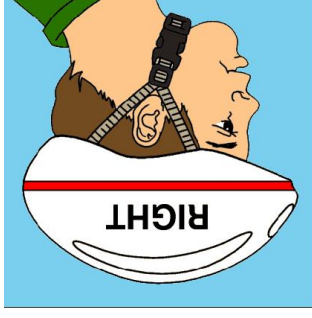
Part of Girl Scout Gold Award  
Project: Helmets on the Brain:  
Preventing TBIs  
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# Helmets on the Brain: Preventing TBIs



# WEAR YOUR HELMET CORRECTLY



Helmets cannot prevent concussions, but they can prevent many other TBIs. Helmets decrease the number of fatalities and head injuries in bike accidents. Wearing a helmet can save your life.

Concussions can be prevented by being aware of what causes them and how to identify them.

Concussions can be caused by any blow to the head. They can be identified by taking the IMPACT test and by seeing a doctor.

Concussions can cause Post-Concussive Syndrome or PCS, which can cause symptoms, such as headaches, to last long after the

concussion. Multiple concussions can cause Chronic Traumatic Encephalopathy or CTE, which is

often seen in professional football players.

## WEAR A HELMET

“In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle or is towed as a passenger by a bicycle **must** wear a safety helmet.”

## It's the law:

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## Statistics:

- Wearing a helmet lowers a rider's chance of brain, head, and facial injuries by 66 to 88%.
- About 60% of people who die in bike crashes were not wearing helmets.
- Cycling is the leading cause of head injuries in America out of all sports.
- 21 states and Washington D.C. require riders under a certain age to wear helmets.