

Color Me Safe

When I Wear My Helmet



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KIDS**
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THIS BOOK BELONGS TO:

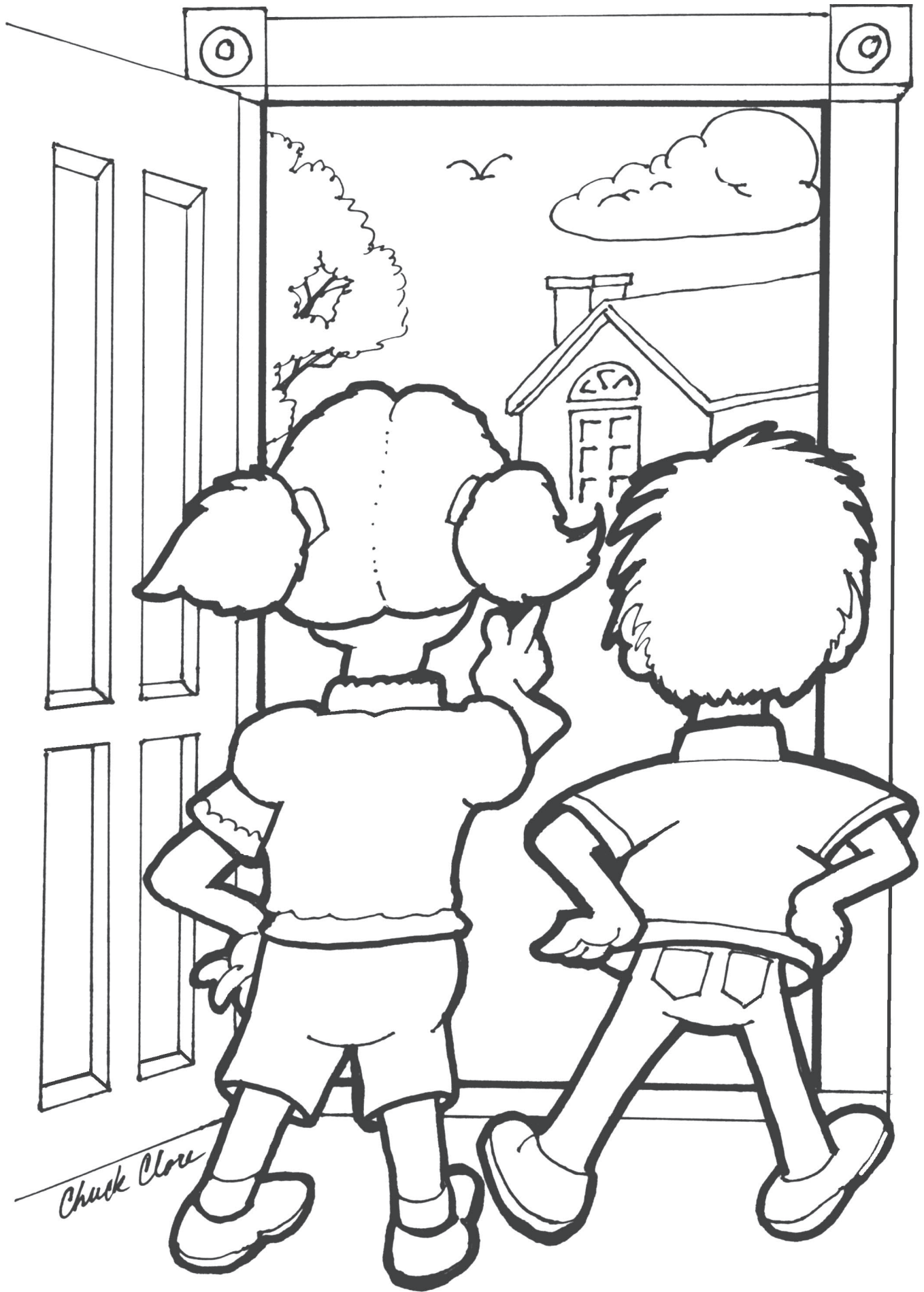
PRINT YOUR NAME HERE.

THIS BOOK WAS ASSEMBLED BY DR. SAMI KHOSHYOMN
AND YOUR FRIENDS AT MERCY CLINIC
PEDIATRIC NEUROSURGERY PART OF THE MERCY
CHILDREN'S HOSPITAL. WE HOPE THIS WILL HELP YOU KNOW
THE BENEFITS OF SAFE BIKING PRACTICES
AND WEARING A HELMET.

WRITTEN BY: ROSE NELSON

COVER ILLUSTRATION BY: BAILEY STEELE
ILLUSTRATED BY: CHUCK CLORE

**HAVE FUN
COLORING!**



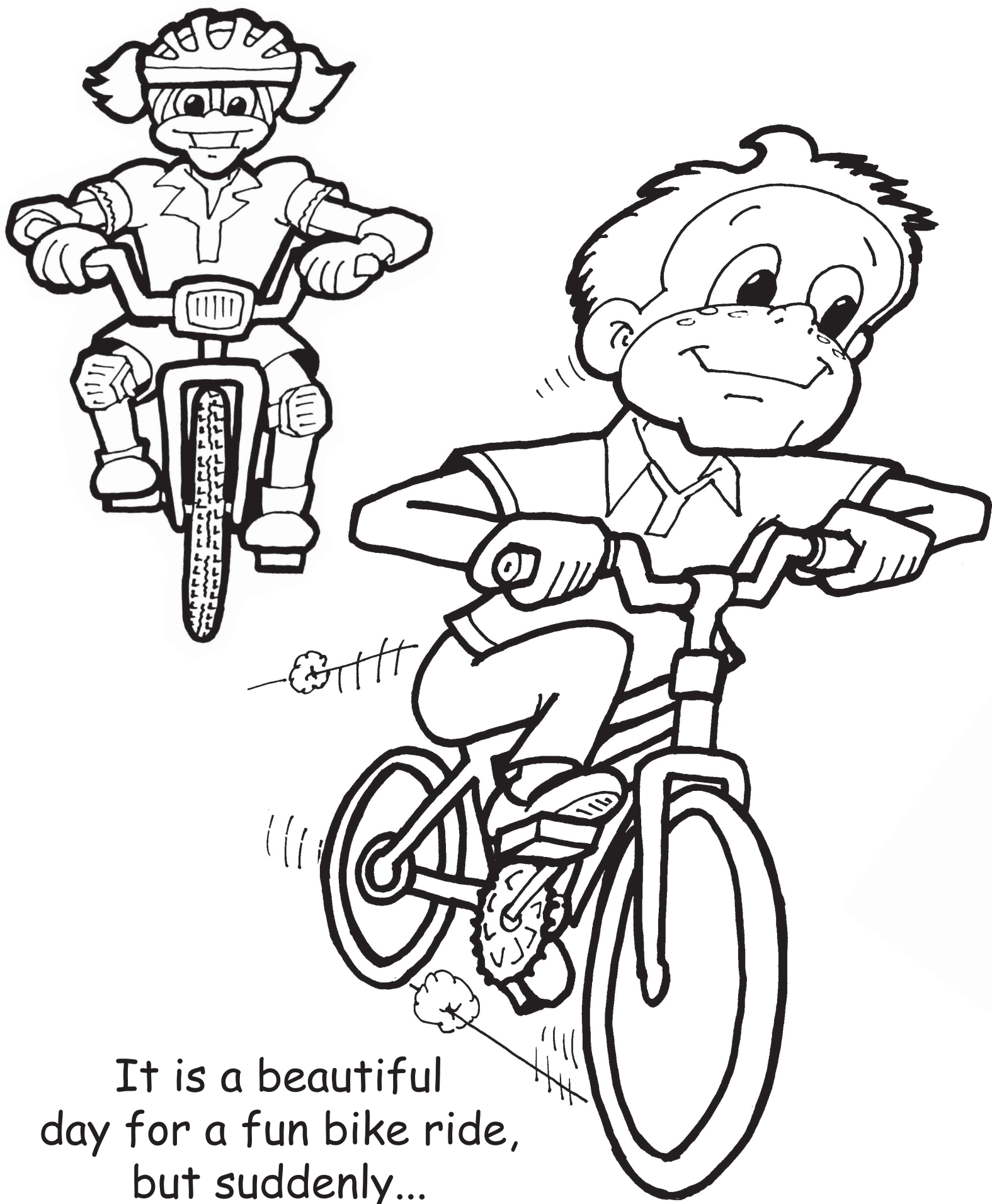
Ben and Mary go outside to ride their bikes.



Mary puts on her helmet.
Ben does not.

Ben laughs at Mary. Ben thinks Mary looks silly in her helmet.

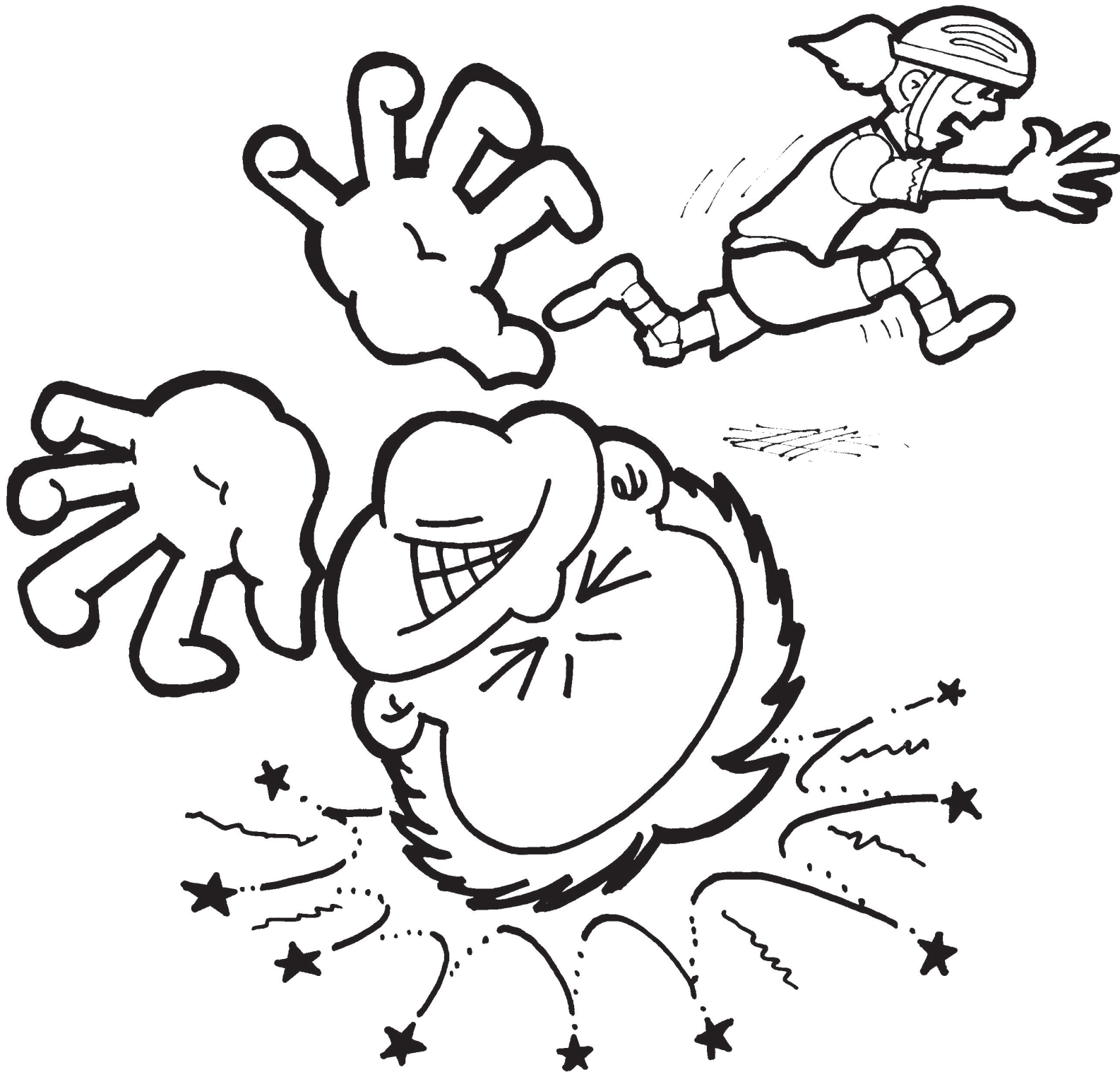






...Yikes! Ben's bike tire
slips and he
falls off his bike.

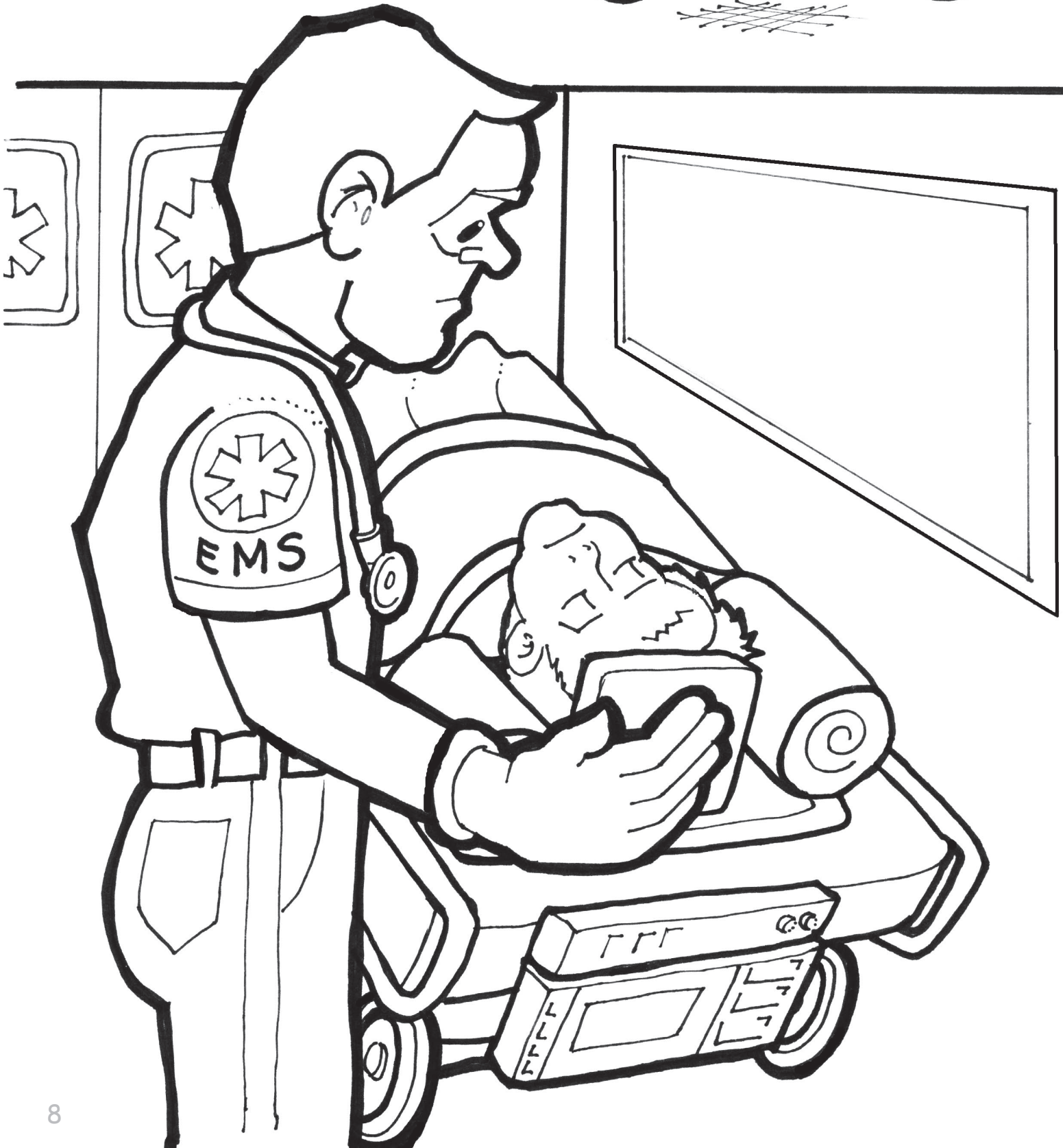
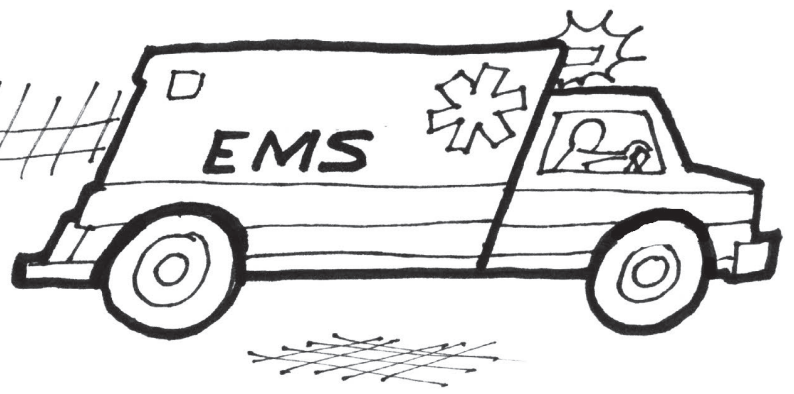
Ben hits his head on the ground.
Mary goes to get help.

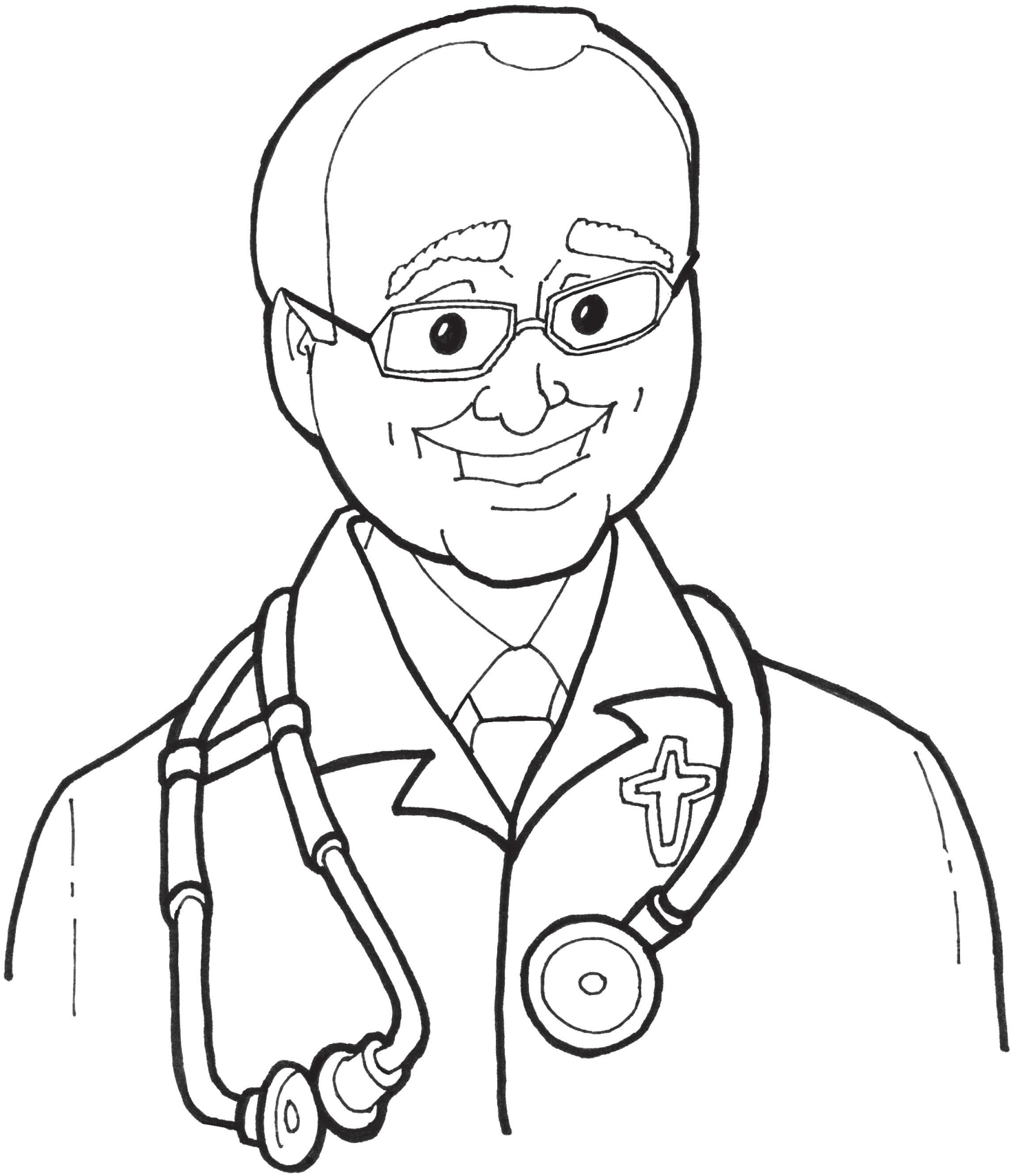




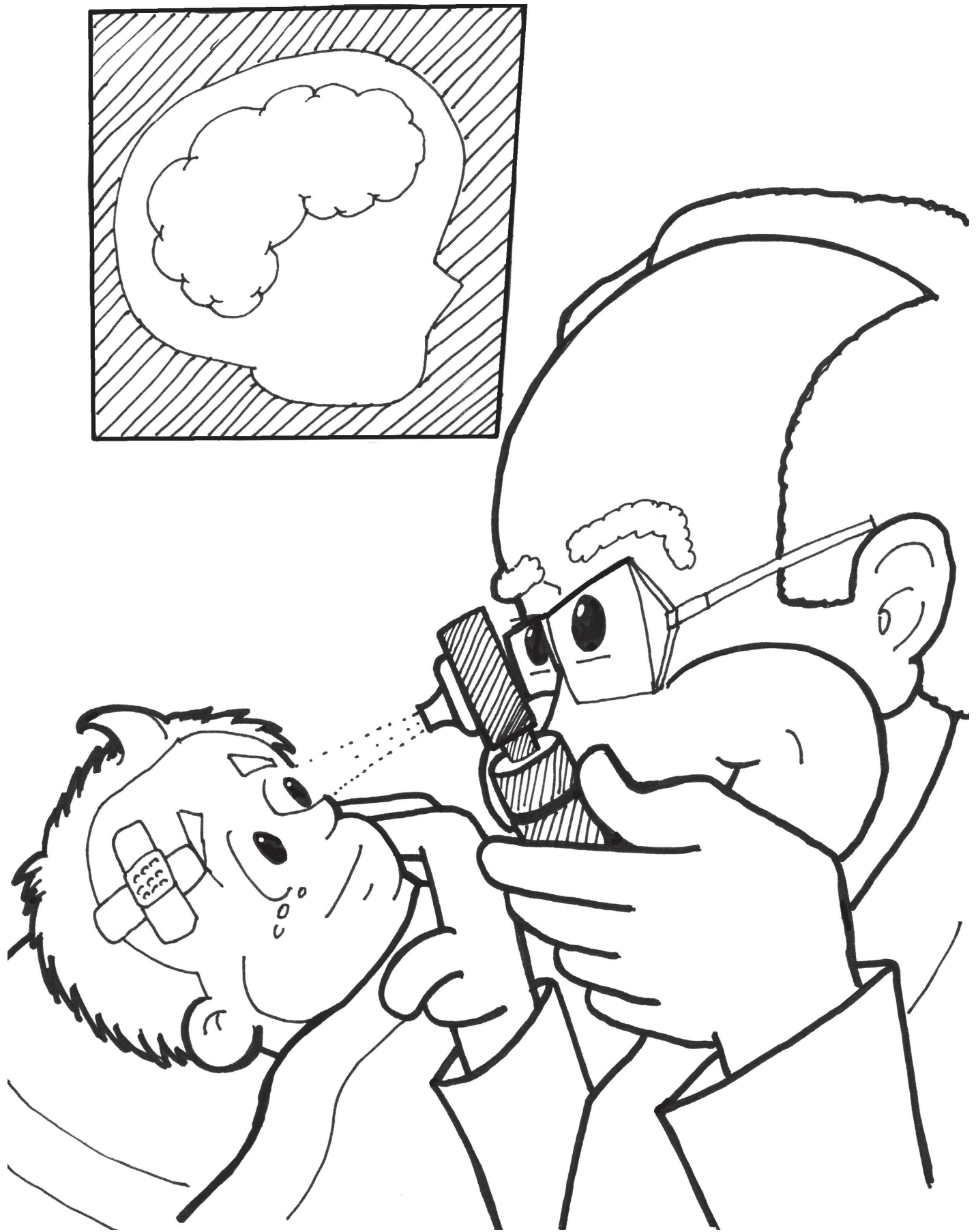
Mary's mom calls 911.

Ben has to go to
the hospital
in an ambulance.

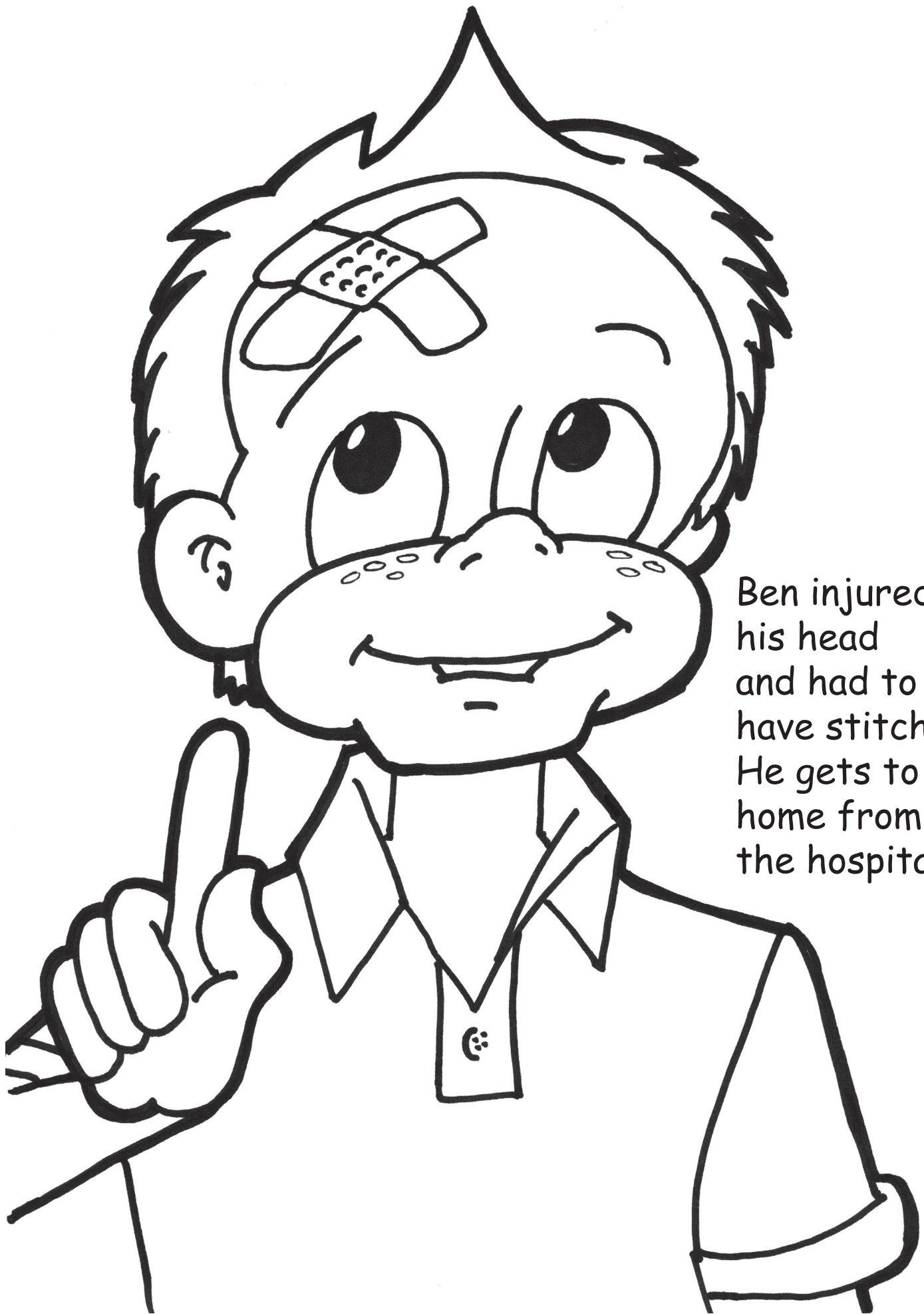




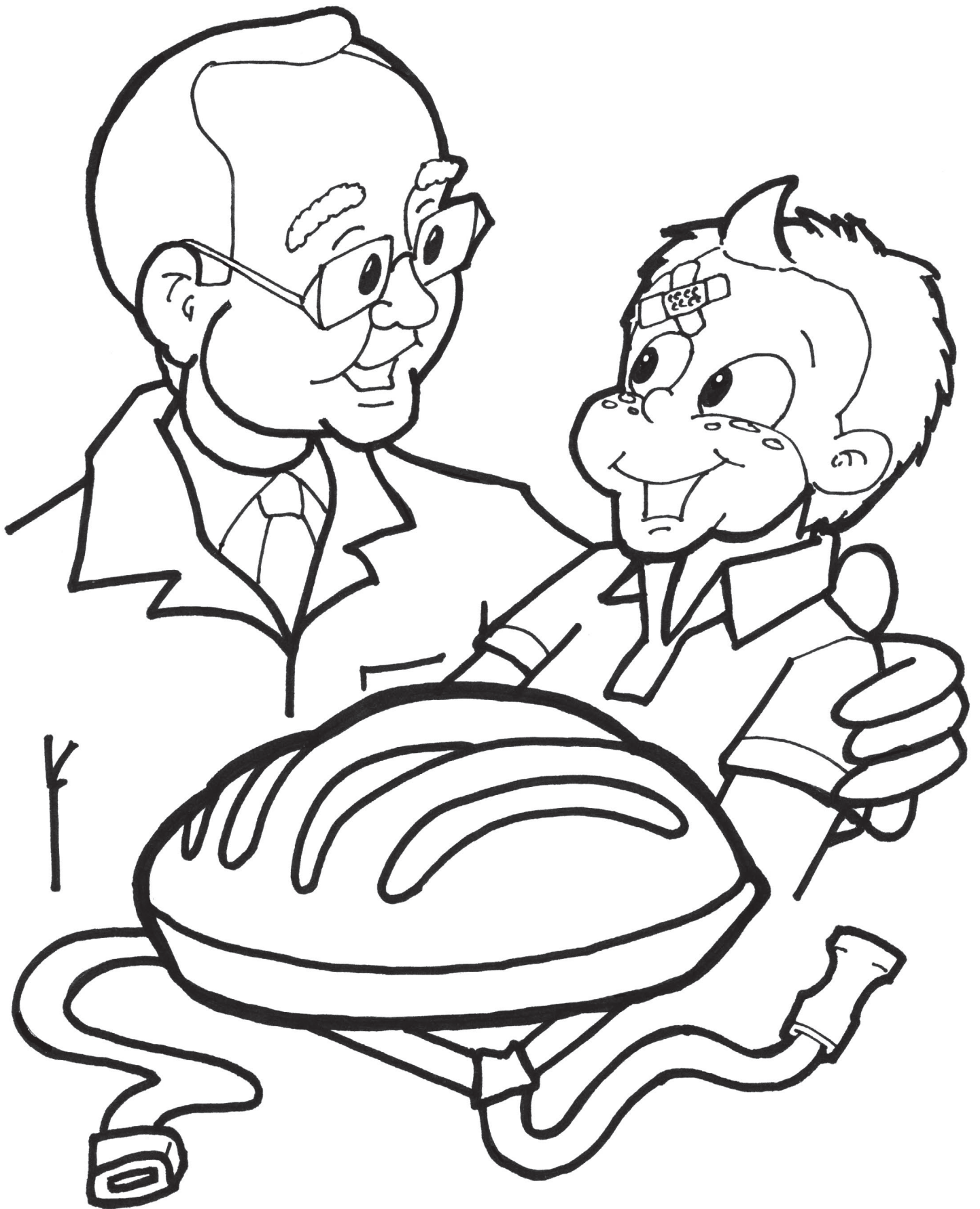
Dr. Sami meets Ben at the hospital.
Dr. Sami takes good care of Ben.



Ben has an x-ray taken of his head and stays all night in the hospital so Dr. Sami can see if Ben hurt his brain.



Ben injured
his head
and had to
have stitches.
He gets to go
home from
the hospital.

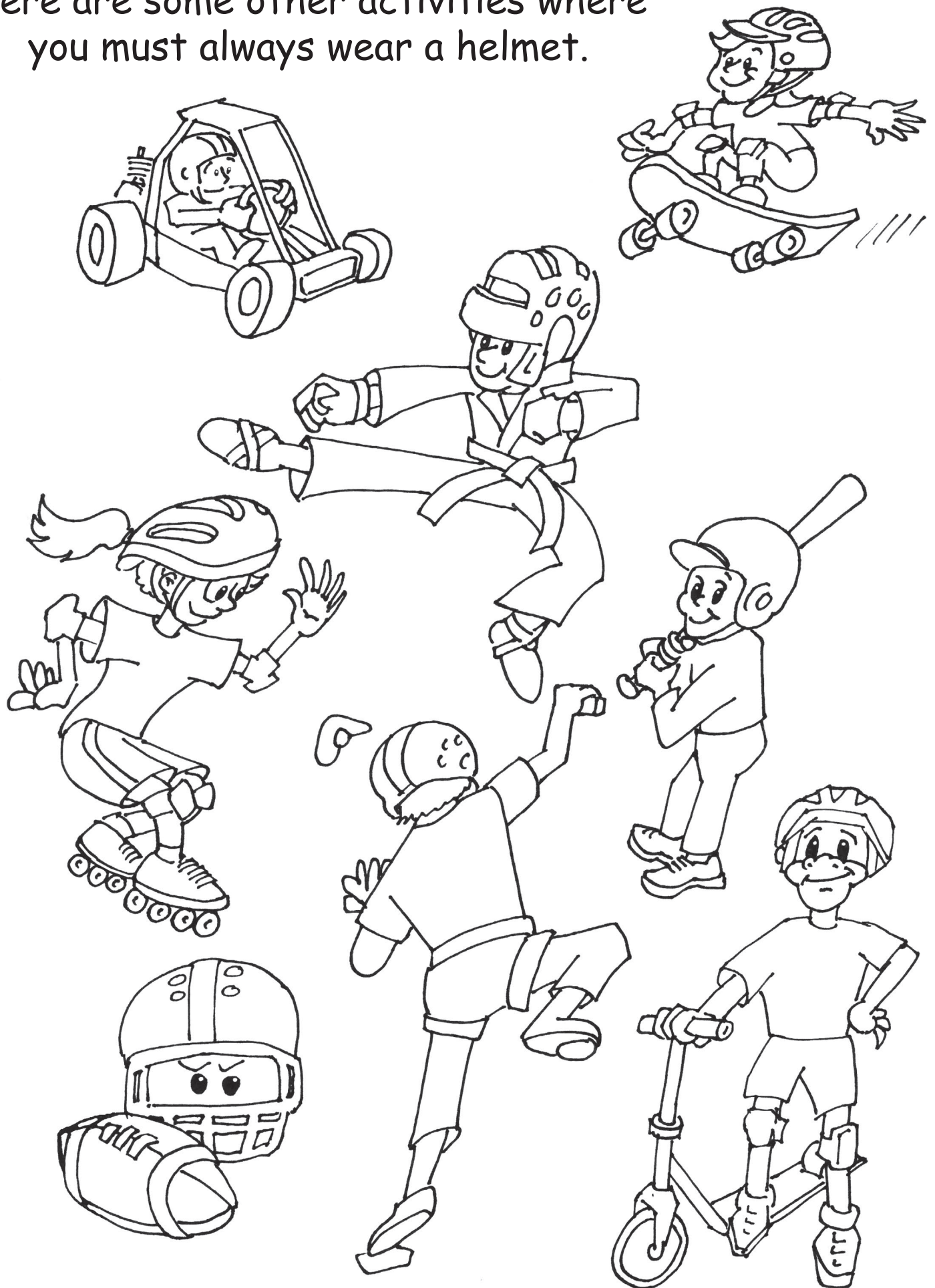


Thanks to Dr. Sami, Ben knows to **ALWAYS** wear his helmet.
It is the safe and right thing to do.

Remember: Bike wrecks can happen on your sidewalk,
driveway, bike path, street or in your park.
Every time you get on your bike, you must wear your helmet.
Protect your Head and Wear a Helmet!



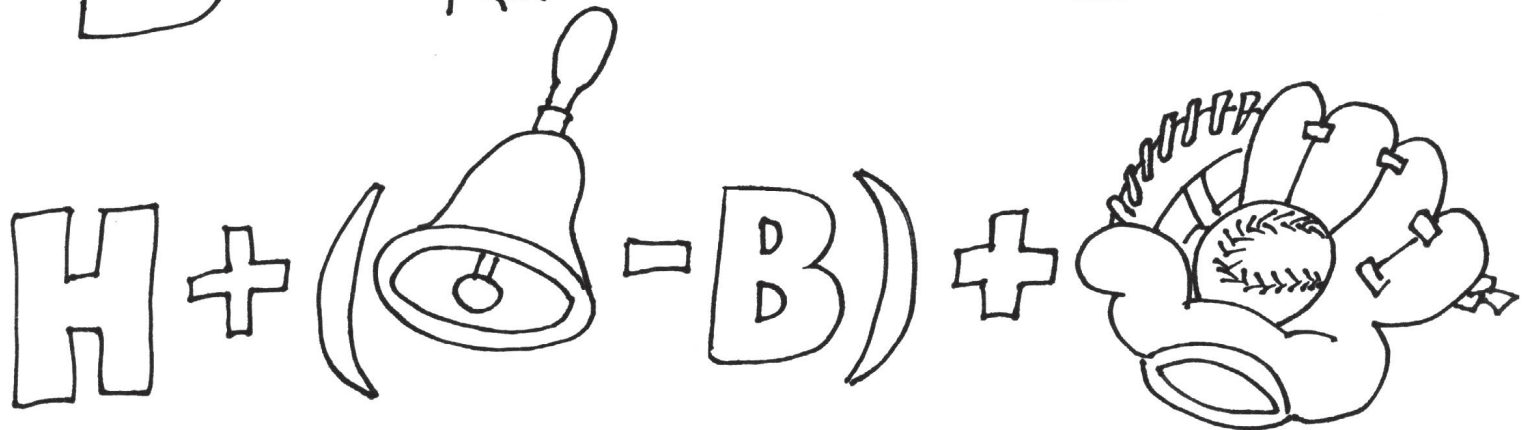
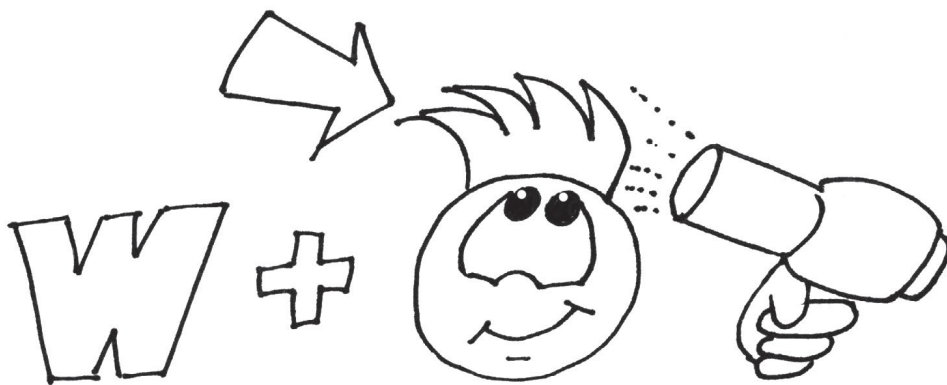
Here are some other activities where
you must always wear a helmet.



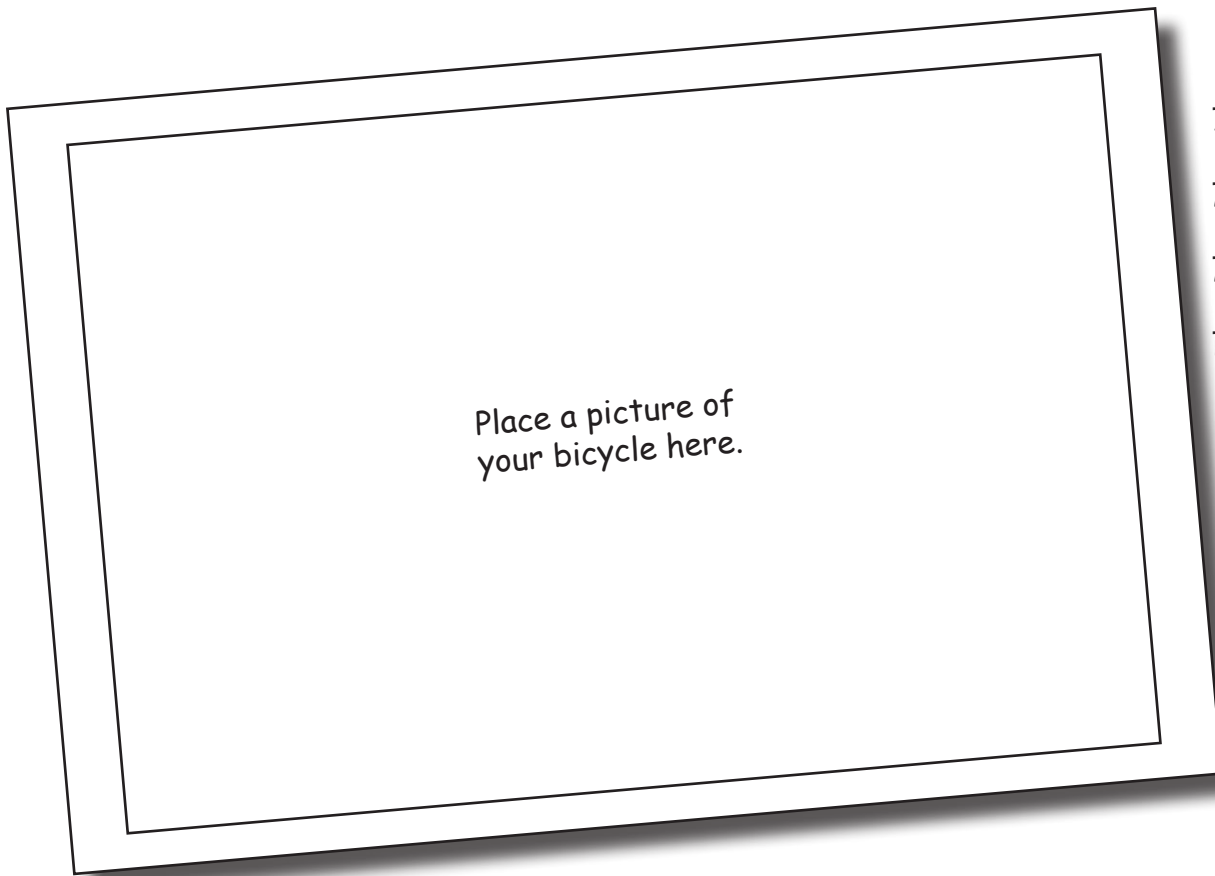
What is wrong in this picture?



Right! Even grown-ups
need to wear helmets!



Connect these words and pictures together
and find Dr. Sami's secret phrase!



SERIAL NUMBER

MODEL

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DATE

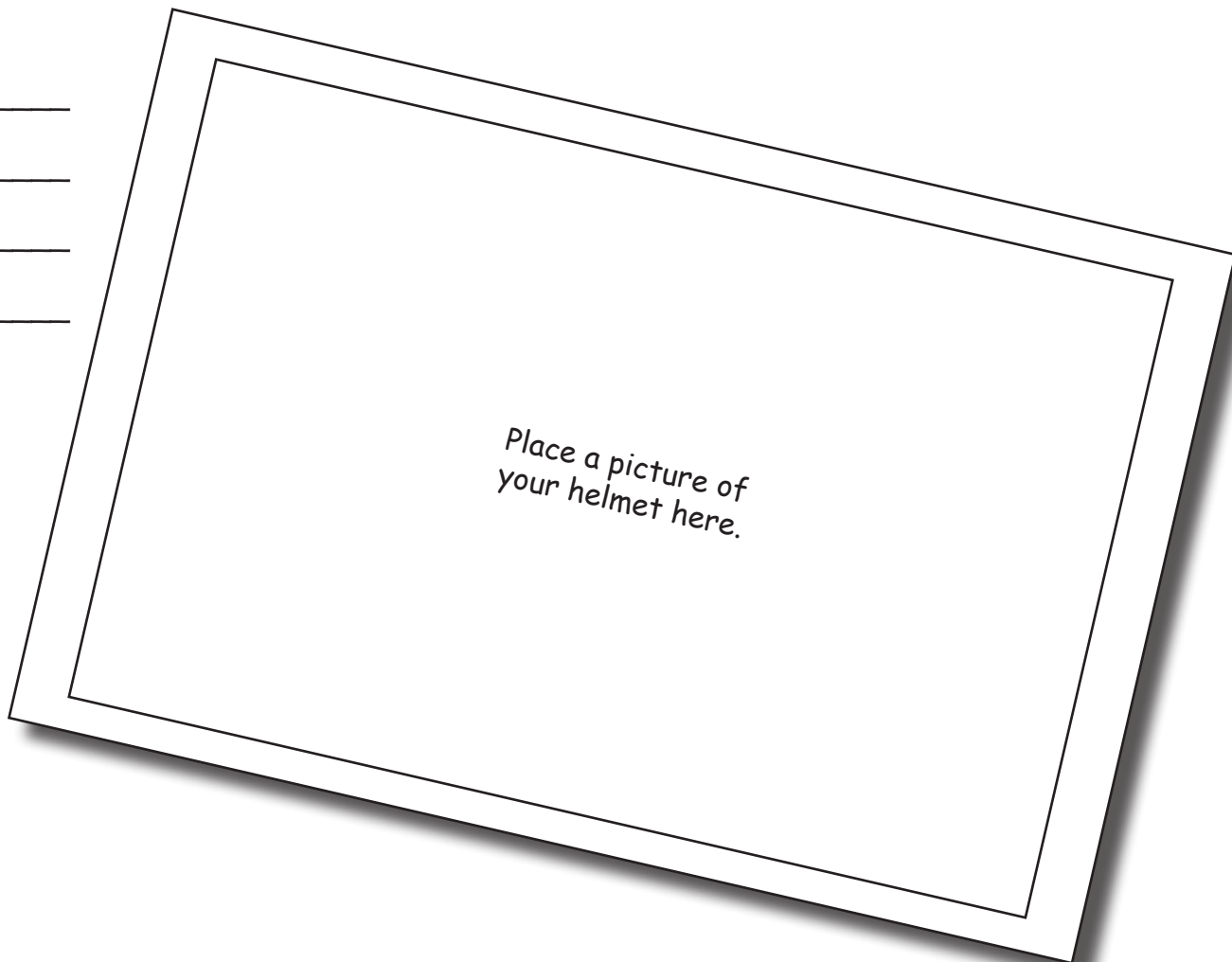
THIS BIKE & HELMET BELONG TO _____
PRINT YOUR NAME HERE.

SERIAL NUMBER

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Hi Kids!

My name is Dr. Sami Khoshyomn.

Please call me Dr. Sami. I work at Mercy and I am the area's only pediatric neurosurgeon. What is a pediatric neurosurgeon? A neurosurgeon works with people that have problems with their brain or spine. Pediatric means that I like working with kids like you.



I see many children in the emergency room that have a head injury from not wearing a helmet while playing sports, riding a bike or an ATV. Some of the kids are hurt more than others and it is my job to help them get better. Most of these injuries don't have to happen.

I am asking you and your parents to help protect your head. Please make sure you always wear your helmet when playing sports and riding bikes or ATV's. Some kids may think it's silly to wear their helmet but that is not true. A helmet can save your life.

If you or your parents have questions, please call me anytime at my office. My number is 417-820-5150. I help all kids even if they don't have the money to pay.

And kids and parents should always remember,
Protect your head, and wear a helmet.

Mercy Injury Prevention Center

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mercy.net/injuryprevention

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