



## Head injuries are “No Yolk”

Getting youth to wear protective head gear when operating ATVs, dirt bikes, or snowmobiles can quickly become a wrestling match. Young operators of powered recreational equipment are not easily convinced that a head injury can happen to them, but rather, to only the other guy.

This demonstration uses a dozen eggs in a normal padded foam or cardboard carton to point out the importance of head protection. It builds on the consensus that we don't transport eggs, loose, in a paper or plastic bag because it's unlikely they would arrive home without being scrambled. Just as egg producers need to give appropriate attention to safe egg handling, those who operate ATV's and other outdoor equipment need to give attention to protecting their heads.

### Procedure:

1. Bring a participant to the front of the class and have him or her cup their hands together forming a bowl.
2. Take an egg and break it open into the participants cupped hands.
3. Have him or her stand there as you discuss how even the chicken is smart enough to design a protective covering for her eggs.

Using an ATV or bike helmet, point out that the human brain is a lot like an egg – it needs not only the protection of the hard-bony skull, but, in some cases, from a helmet. Just as it is normal for everyone in the class to transport a dozen eggs home from the store in a carton, it should also be just as normal for youth to wear helmets when operating recreational equipment that exposes the head to injury.

### Materials Needed



Egg(s)



ATV helmet



Bicycle helmet