Press Release

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Summer Safety Tips from the Brain Injury Association

Summer’s here and people of all ages are walking, jogging, biking, and traveling to visit friends and family. The Brain Injury Association of Massachusetts urges everyone to relax, have fun and stay safe this summer.

- Wear a helmet when riding a bike, scooter, skate board and while in-line skating. It’s the law for individuals 16 and under.
- Obey pedestrian laws; walk in marked crosswalks, carry a flashlight at the end of the day, and watch out for cars turning and backing out of driveways.
- Wear a seat belt when driving or riding in a car; it will cut in half your chances of sustaining a life-altering brain injury.
- Stay focused on the road when driving; driver distractions, such as texting, are a factor in at least a quarter of all crashes.
- Don’t drink and drive; more than 40 percent of all fatalities on Massachusetts roads involved alcohol.
- Drive safely and courteously. Don’t speed, tailgate, or drive while tired.
- Swim in marked areas, watch children closely, and obey the laws for boats, jet skies and other water sports.

Summer is a great time to kick back and have fun. A little common sense will go a long way in keeping you, your family and friends safe. For tips on helmet safety, teen driving, pedestrian laws, and more, call the Brain Injury Association of Massachusetts at (800) 242-0030 or visit www.biama.org.

The Brain Injury Association of Massachusetts (BIA-MA) is a private, non-profit organization that provides support to brain injury survivors and their families, offers programs to prevent brain injuries, and educates the public on the risks and impact of brain injury. The association advocates for legislation to prevent brain injuries, including seatbelt and helmet laws.

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