



PREVENTION MATTERS

THE CENTER FOR INJURY PREVENTION AND POLICY

Bike/Helmet Safety

Crashes with bicycles, motorcycles, e-scooters, and other modes of transportation will happen any time there are vehicles on the road. However, we can easily reduce the danger of these events with one simple tool: a helmet. As with seatbelts, it has been proven time and time again that **helmets save lives**. Helmets greatly reduce the risk of traumatic brain injury, death, and serious injuries to the neck and face. Each year there are more head injuries from people riding their bike than there are from any other sport or recreational activity, including football, hockey, lacrosse, and rugby (American Association of Neurological Surgeons: "Sports-related Head Injury").



What If I Am Just Going up the Street and I'm Not Going Fast?

Over half of all bicycle injuries occur within one mile of the person's home. Crashes on "familiar roads" are very common because people aren't as careful in an area that they know well and have passed through many times.

What Difference Does a Helmet Make?

A helmet decreases the risk of a cyclist getting injured by:

- 65% for fatal head injuries
- 69% for serious head injuries
- 33% for face injuries

In a 2016 study in the American Journal of Surgery, only 25% of the 6,267 patients studied wore a helmet at the time of their injury. The helmeted riders were 51% less likely to have a traumatic brain injury and 44% less likely to die.

What Does the Law Say?

- In Maryland, people under the age of 16 must wear a helmet when riding on public property. There are currently very few laws requiring adults to wear them
- These laws also apply to e-scooters, mo-peds, and other "low-power cycles"
- Maryland is one of 28 states where all motorcycle riders must wear a helmet

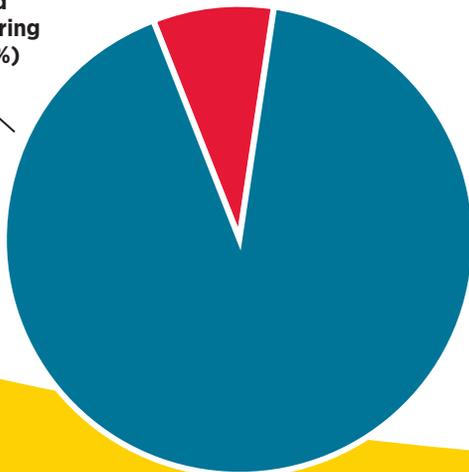
How to Stay Safe on the Road

- Always use bike lanes if your city or town offers them
- Always obey traffic signals and signs
- Wear reflective, bright clothing, especially at night
- Always wear a properly secured helmet
- Avoid distractions like cell phones, music, eating, or anything else that takes your eyes or mind off of biking

Bicycle-Related Deaths

Riders Killed While Not Wearing a Helmet (91%)

Riders Killed While Wearing a Helmet



Source: helmets.org



FOR MORE INFORMATION ON:

Center for Injury Prevention and Policy: umm.edu/CIPP
STC Prevention Matters: umm.edu/PreventionMatters

QUICK FACTS AT A GLANCE

Who is at Risk?

- Anyone who doesn't wear a helmet is at greater risk for serious injury or death
- Children 10-14 are most likely to be injured
- Adults 50-59 are most likely to be killed while riding a bike
- Males are far more likely to be injured or killed than females



Should Motorcycle Riders Wear Helmets Too?

- A motorcycle rider wearing a helmet is 29% less likely to die and 67% less likely to get a brain injury in a crash
- Motorcycle rider fatality rates are 20-40% lower in states that have laws that require that all riders wear a helmet



What About E-Scooter Riders?

- E-scooters have only recently gained popularity, but emergency rooms are seeing more injured e-scooter riders coming through their doors
- E-scooters can reach speeds of up to 20 miles per hour. Crashes at this speed can result in serious injury or head trauma



Am I Wearing a Bike Helmet Correctly?

- A helmet should be snug, but not so tight it is hard to put on
- The helmet should be two finger-widths above your eyebrow when level on your head
- The side straps should form a letter 'V' when buckled
- The buckle should be fastened right under the chin
- It should be tight enough where you can't fit two fingers under the strap
- Make sure the helmet doesn't rock back and forth or cover your eyes
- When you yawn, the helmet should pull down on your head

RESOURCES:

- Maryland Highway Safety Office Program on Bike Safety: mva.maryland.gov/safety/mhso/program-bicycle-safety.htm
- Safe Kids Worldwide: safekids.org/tip/bike-safety-tips
- CDC- Helmet Safety: cdc.gov/headsup/helmets

FOR MORE INFORMATION ON:

Center for Injury Prevention and Policy: umm.edu/CIPP
STC Prevention Matters: umm.edu/PreventionMatters



R ADAMS COWLEY
SHOCK TRAUMA CENTER
UNIVERSITY OF MARYLAND

CENTER FOR INJURY PREVENTION & POLICY



UNIVERSITY of MARYLAND
MEDICAL SYSTEM

University of Maryland Medical Center

UM Baltimore Washington Medical Center

UM Capital Region Health

UM Charles Regional Medical Center

UM Rehabilitation & Orthopaedic Institute

UM St. Joseph Medical Center

UM Shore Regional Health

UM Upper Chesapeake Health

Mt. Washington Pediatric Hospital