

Bicycle Helmets Prevent Injury - It's a No – Brainer



41% of B.C. cyclists don't wear a helmet. Research indicates that bicycle helmets help prevent brain injury. Not wearing a helmet while biking is dangerous.

"Our skulls can be fractured at relatively low speed....

Whether it's a collision with a car or simply falling off your bike and hitting the ground, wearing a helmet will give you an added layer of protection and absorb the shock of any impact. Up to four out of five biking-related brain injuries could be prevented if every cyclist wore a helmet... "say's Dr. Patricia Daily, chief medical health officer at Vancouver Coastal Health.

So why is it that some groups in British Columbia's Lower Mainland are calling on our provincial government to repeal the law requiring all cyclists wear a helmet?

"... a helmet that fits properly protects the head by absorbing the force from a crash or falling, decreasing the risk of traumatic brain injury in children by as much as 88 per cent.." accordingly to a May 30, 2013, news bulletin issued by Vancouver Coastal Health.

Ok. What am I missing here?

Why would anyone want to see a law intended to prevent cyclists from suffering the potentially catastrophic effects of a head injury struck from the books?

Brain injury is too serious an issue to be taken lightly. Its consequences are simply too great.

We need to do everything possible to ensure cyclists are protected. Their brains included.

It's that simple.