



HELMET

FACTS ABOUT 2-WHEELERS IN INDIA

- **69 % of total motorized vehicle are 2 wheelers.**
- **2 wheeler rider is 30 times more likely to be killed than a car driver.**
- **Death most common in young people. 72% in age group of 20-30 years.**

Why 2-wheeler rider are more vulnerable to accidents?

- Share same road with fast moving cars, buses and trucks.
- Lack of physical protection.
- Less visible
- Lack of proper education about road rules & safe driving.

**Most Common
Cause of death is :-**

HEAD INJURY

Message

MyIndiaPictures.com

मेरे 18वर्षीय पुत्र का निधन हेलमेट
न पहनने कारण हो गया है। इसलिये
कृप्या हेलमेट पहने व अन्य को प्रेरित करें।

Standard



BE SAFE
BE SAFE BE SAFE



WEAR HELMET

Why Head Injuries Are Serious ?

- **75% to 88% of the death due to Head Injury.**
- **Treatment very costly.**
- **Requires long hospitalization & follow up.**
- **High changes of disability even after treatment / recovery.**

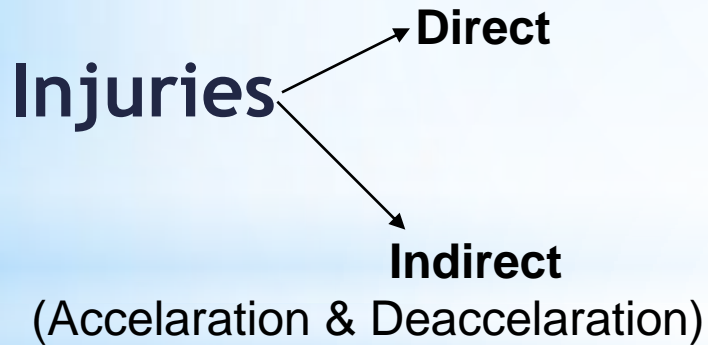
What can we do ?

- Prevention is better than cure.
- We can't prevent using 2-wheeler but can prevent Head-Injury.

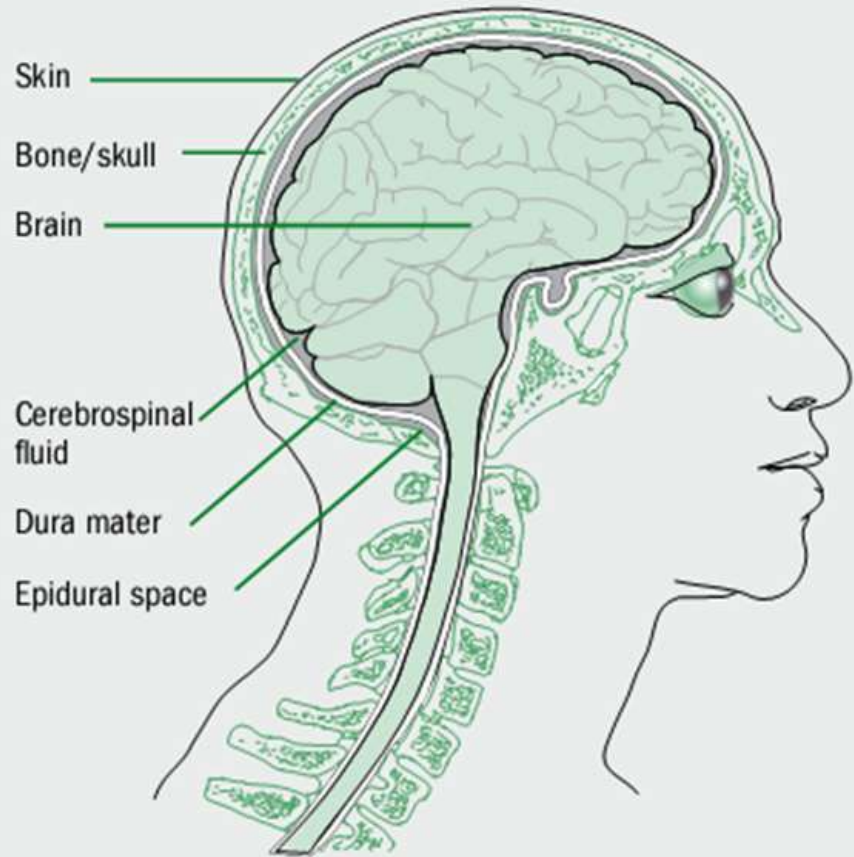
USE HELMET

Helmets are effective in reducing the likely hood of Head Injury as well as their severity.

Mechanism of Head Injury



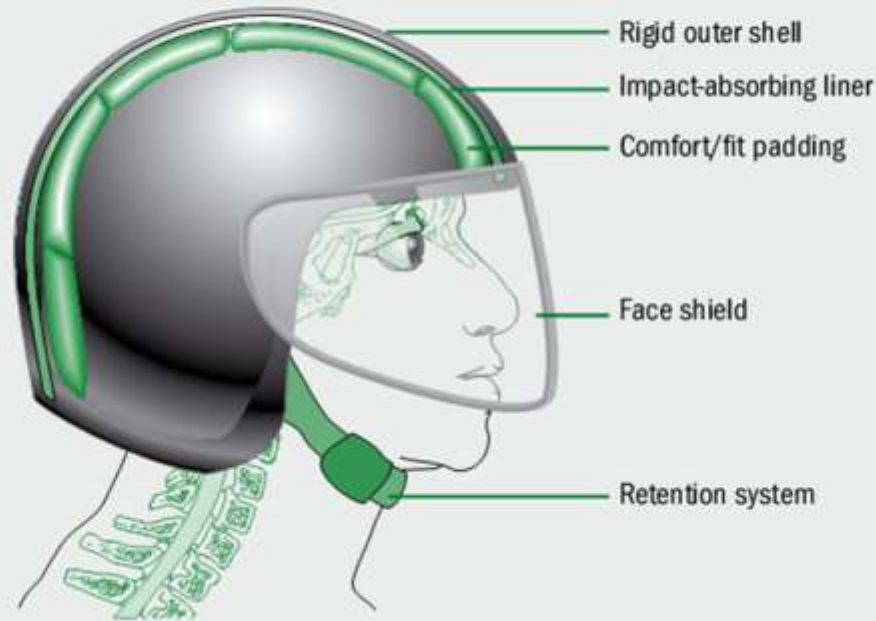
Structure of the head and brain



How a Helmet works ?

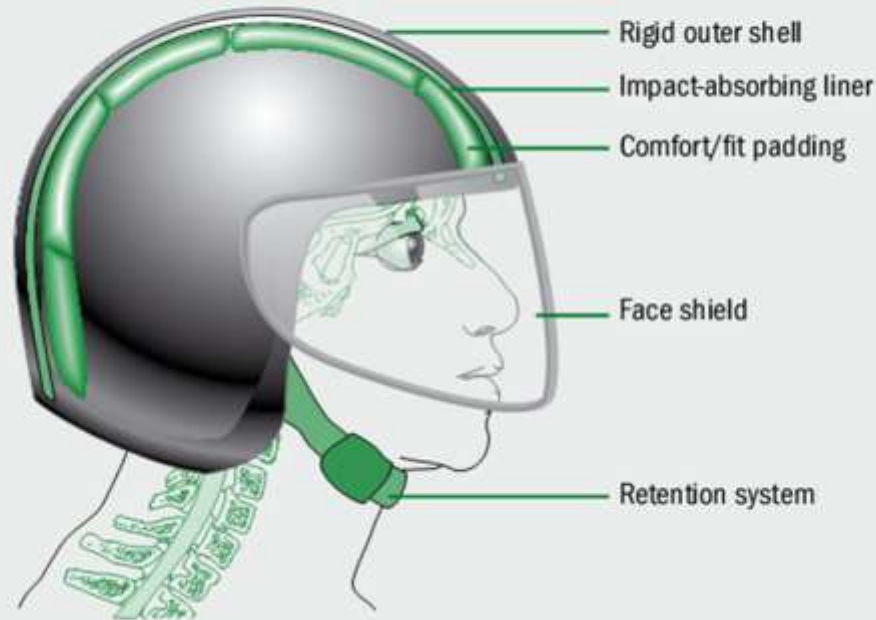
Reduces severity by reducing impact force.

Components of a helmet

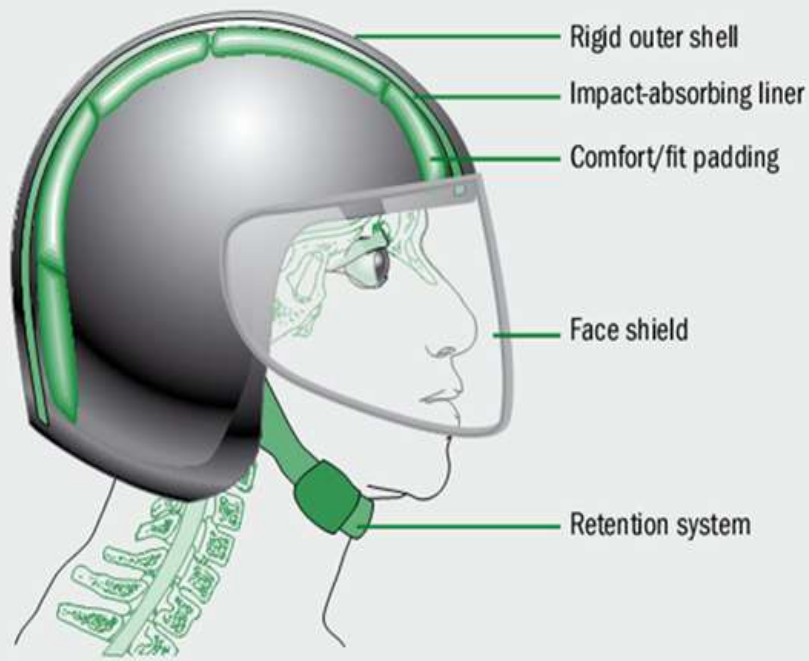


- **Outer hard coat** - Mechanical barrier- no direct contact
- **Impact absorbing layer (1.5cm to 3cm)**
 - Absorb some of the impact
 - Head comes to a halt more slowly so reduced deaccelaration - less injury

Components of a helmet



- **Comfort Padding** - Keeps Head comfortably
 - Helmet fits snugly.
- **Spread the impact over a greater surface area so they are not concentrated on a particular area of skull**



Many helmet users do not secure their helmets properly – and sometimes not at all – thereby rendering the helmet of little – if any – value in the event of a collision.

Components of a helmet

- Chin Strap - should not be loose, otherwise Helmet will come out during accident.

Advantages of Helmet

- ↓ likely hood of death by 39%
- ↓ risk & severity of injury by 72%
- ↓ cost of Health Care
 - ↓ (25000 Crore per year 1% GDP of India)

Advantage of Helmet



Face Protection

Advantage of Helmet

- **Prevents collision with flying insects.**
- **Riding in rain possible**
- **Helps in controlling sun burn.**
- **Protects your eyes from the blast of moving air & dust.**

Reasons for not wearing Helmet

- False belief - I am a good driver, no chance of accident.
- Going for short distance.
- Handling problem.
- Hot & uncomfortable.

Reasons for not wearing Helmet

- False belief -
Hair loss
Headache
Neck pain
Spinal injuries.
Vision impairment
- Expensive.
- Not compulsory.

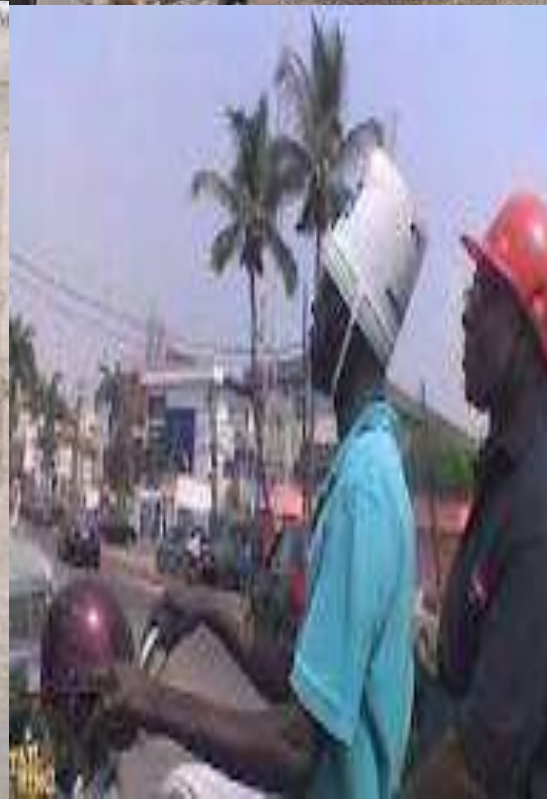
How to make a 2-wheeler rider wear a Helmet

- **? Education.**
- **?? Public awareness.**
- **??? Incentives.**
- **???? Compulsion.**

**Education & Volunteer -
40%**

Compulsion – 100%

**BEST – Education & Enforcing
the laws are complimentary to
each other.**



**Yes we
use...helmet**