



**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.**

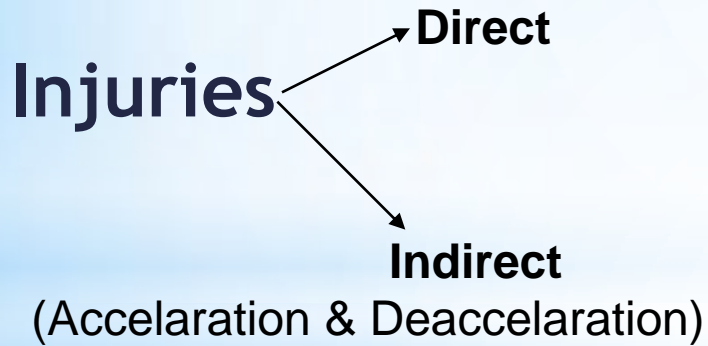
# What can we do ?

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

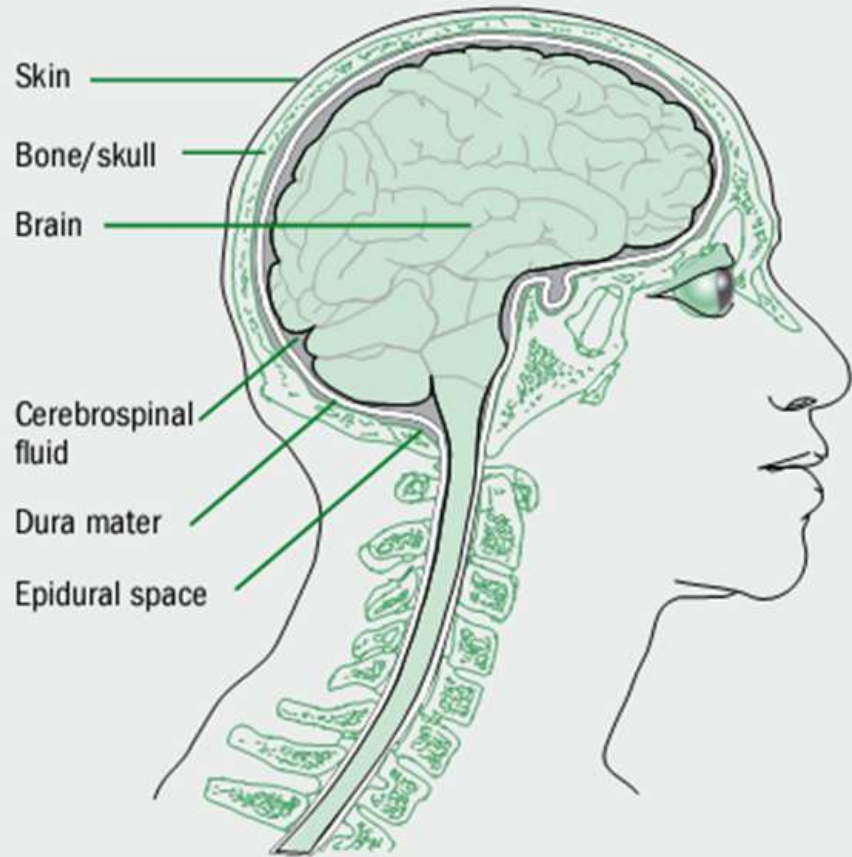
## USE HELMET

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**

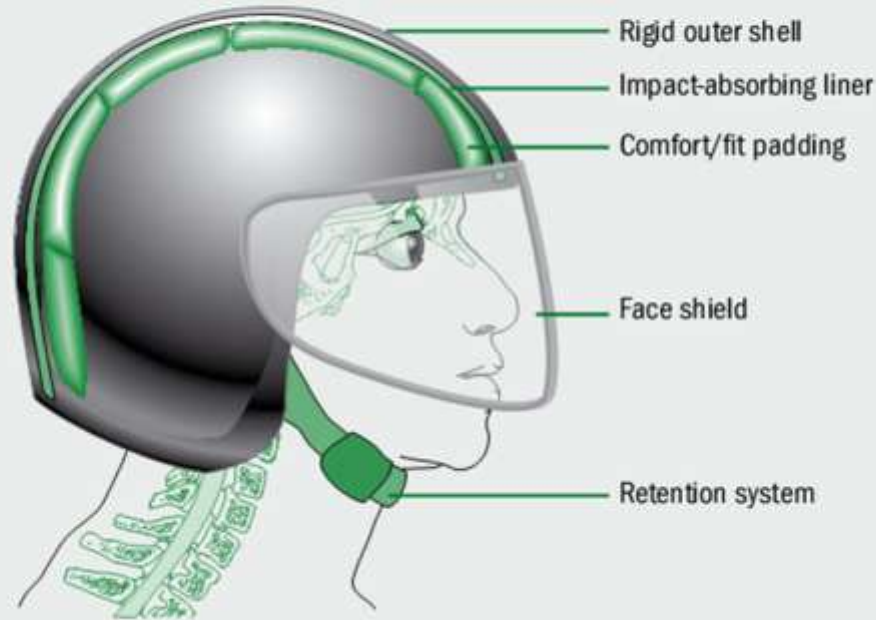




# **How a Helmet works ?**

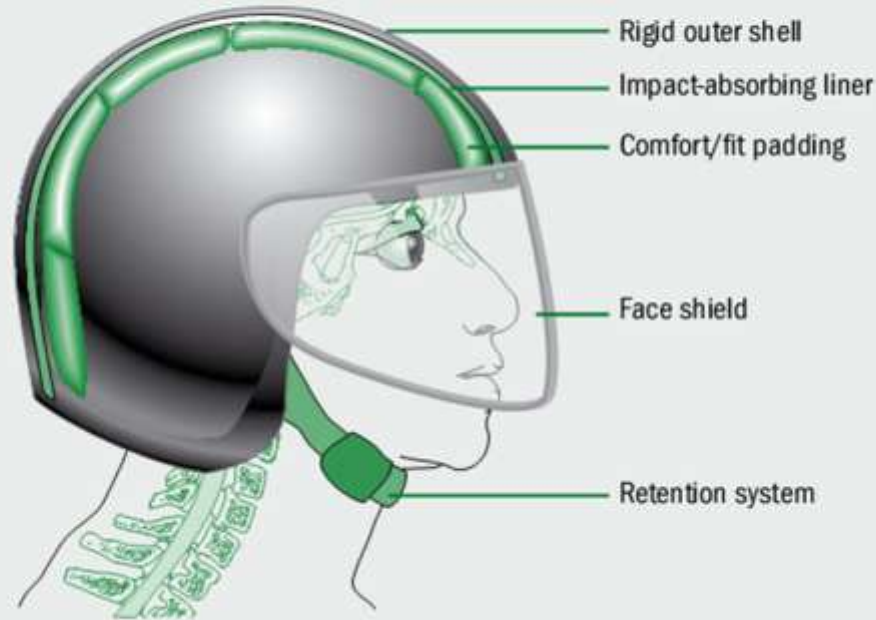
**Reduces severity by reducing impact force.**

## Components of a helmet

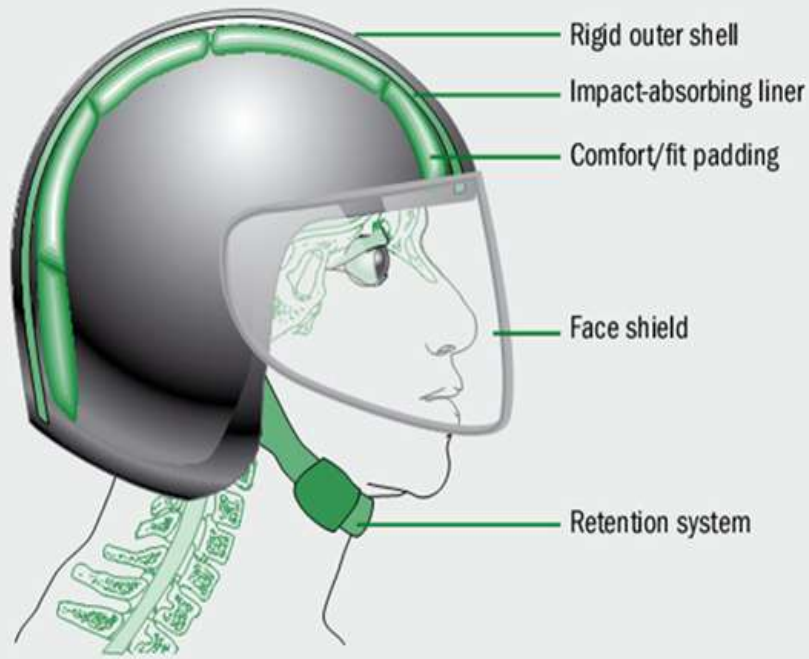


- **Outer hard coat** - Mechanical barrier- no direct contact
- **Impact absorbing layer (1.5cm to 3cm)**
  - Absorb some of the impact
  - Head comes to a halt more slowly so reduced deaccelaration - less injury

## 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.

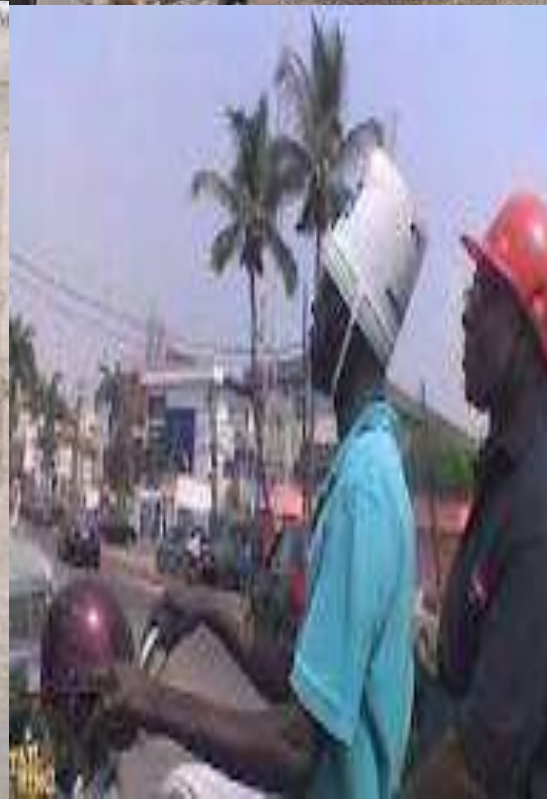
# **How to make a 2-wheeler rider wear a Helmet**

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

**Education & Volunteer -  
40%**

**Compulsion – 100%**

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



**Yes we  
use...helmet**



**We are not Lord Ganesha...**

**Wear Helmet**