

## **Family Medicine Clerkship Plain Language Summary**

**Title:** Use your head: wear a bike helmet!

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### **Plain Language Summary:**

Bicycling is a fun activity for getting to work or school, to get exercise, or just as a way to enjoy the outdoors. While bicycling is enjoyable, there are also dangers with this activity such as cars, trucks and buses which share our roads, potholes or uneven trails, darkness at night, and icy or slippery streets. Dangers can lead to accidents and accidents can lead to injuries. Unfortunately, bicycle crashes are common. A few simple safety measures can lower your risk for injury. The most common cause of death from bike accidents is head injury. Your brain is your most important body organ, so it makes sense to protect it. The easiest way to protect your brain is to wear a helmet. Studies have shown that wearing a helmet lowers your risk for injury to your head and face. Types of injuries that can be prevented with a bike helmet include cuts to your face and head, broken bones, damage to your eyes, nose and mouth, concussions and serious brain injury.

Bicycle safety is important for people of all ages. Kids, teens, adults, and seniors all ride bicycles. The whole family can be safer just by wearing bike helmets. Parents, you can be sure your children are safer while biking by making sure they wear their helmets at all times and know how to wear the helmet the right way. Make sure the chin strap fits snugly and that the helmet does not wiggle too much. Bicycle safety is important everywhere you ride, from cities to countryside, from pavement to trails in the woods. Bicycle helmets improve safety in every environment, whether you are riding next to cars or trees. Helmets can be found at your local bike shop or sporting goods store. Helmets do not cost much money and they protect something very valuable: your health. Biking is a great way to be active and stay healthy. The best way to stay safe while riding is to wear a helmet.

### **Additional Resources:**

#### **Bicycling resources in Minnesota**

Nice Ride Minnesota

[www.niceridemn.org](http://www.niceridemn.org)

Share the Road Minnesota

[www.sharetheroadmn.org](http://www.sharetheroadmn.org)

#### **Discounted helmet programs**

Boynton Health Service:

[www.bhs.umn.edu](http://www.bhs.umn.edu)

Freewheel Bike Shop:  
[www.freewheelbike.com](http://www.freewheelbike.com)

### **Bicycle Safety**

Bicycle Helmet Safety Institute:  
[www.bhsi.org](http://www.bhsi.org)

Bike safety for kids:  
Safe Kids USA  
[www.safekids.org/safety-basics/safety-resources-by-risk-area/bicycling-and-skating/?gclid=CKvE4Z-u1KsCFSkBQAodDyplRQ](http://www.safekids.org/safety-basics/safety-resources-by-risk-area/bicycling-and-skating/?gclid=CKvE4Z-u1KsCFSkBQAodDyplRQ)

### **Key Words:**

Bicycle safety  
Helmet  
Head injury  
Prevention

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