

# Helmet use saves lives!

## Information Kit



### 1. Many Filipinos die in motorcycle collisions.

- In 2010, 6941 Filipinos died as a result of road traffic crashes, and thousands more were injured or disabled.
- Users of motorcycles make up a large proportion of those killed on the road. Data in Metro Manila indicate that 34% of all fatal road crashes and 37% of non-fatal injuries from road traffic crashes involve motorcycles.



(Image from <http://habermannandsons.tumblr.com>)

### 2. Helmet use is effective at reducing head injuries.

- Injuries to the head and neck are the main cause of death, severe injury and disability among users of motorcycles.
- Wearing a helmet is the single most effective way of reducing head injuries and fatalities resulting from motorcycle crashes.
- Motorcyclists who do not wear helmets are at a much higher risk of sustaining head injuries and from dying from these injuries.

"I DON'T LIKE WEARING A HELMET  
IT RUINS MY HAIR"



EVERY YEAR OVER 31,000 PEOPLE DIE ON OUR ROADS AND 30,000 ARE SERIOUSLY INJURED. THAT MEANS THOUSANDS OF FAMILIES ARE PICKING UP THE PIECES. FAMILIES TORTURED BY THE LOSS OF A LOVED ONE, CAPELLA, REDUCED INCOME OR THE SUDDEN NEED TO CARE FOR A RELATIVE WITH PERMANENT BRAIN DAMAGE. THE SAD TRUTH IS THAT 40% OF THESE CASES COULD HAVE BEEN PREVENTED BY SIMPLY WEARING A HELMET. WHEN YOU THINK ABOUT IT, THERE ARE NO EXCUSES.

WEAR A HELMET. NOT JUST FOR YOUR OWN SAFETY.

(Image from Asia Injury Prevention Foundation)

### 3. Wearing a standard protective helmet is important.

- Helmets standards ensure that helmets allowed for distribution and use by motorcyclists are of appropriate quality.
- Standard helmets are recognized by the presence of the Philippine Standard (PS) or Import Commodity Clearance (ICC) mark provided by the Bureau of Product Standards (BPS) of Department of Trade and Industry (DTI).
- Helmets create an extra layer for the head and thus protect the wearer from severe brain injury.



2009-2011

2011-2012

PS mark

### 4. Helmets should be properly fastened.

- Chin and neck straps, which are specifically designed to keep the helmet on the head during an impact, must be correctly used.
- If a helmet is not fastened, it will come off during a crash, therefore, not providing protection.



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### 5. Helmets are designed to prevent head injuries, but NOT injuries to other parts of the body.

- Obeying road traffic rules, including adhering to speed limits and not driving while drunk, will reduce the chance of a motorcyclist being involved in a crash, and their likelihood of incurring any type of injury.
- Appropriate clothing can be helpful to reduce other types of injuries.



(Image from [www.corbisimages.com](http://www.corbisimages.com))

### 6. The national motorcycle helmet law (RA 10054) must be enforced.

- Motorcycle helmet legislation has been proven in many countries in reducing head injuries and deaths from motorcycle crashes.
- Legislation is most likely to work where high-quality helmets are accessible and affordable, enforcement is comprehensive, and there is widespread community education on the benefits of helmet use.



(Image from <http://thephilippines.ph/philippine-culture/filipino-police/>)

**Helmet use saves lives.**  
Support the implementation of  
**Motorcycle Helmet Law (RA 10054)!**



#### References:

- (a) Motorcycle Safety Foundation: Cycle Safety Information: What You Should Know About Motorcycle Helmets [http://www.msf-usa.org/downloads/helmet\\_CSi.pdf](http://www.msf-usa.org/downloads/helmet_CSi.pdf)
- (b) National Highway Traffic Safety Administration (NHTSA): The Proper Helmet Fit <http://www.nhtsa.gov/people/injury/pedbimot/bike/EasyStepsWeb/>
- (c) <http://www.asiainjury.org/main/protec.html>
- (d) WHO Road Safety in the Western Pacific Region: Call for Action <http://www.wpro.who.int/publications/docs/RoadSafetyintheWPR.pdf>
- (f) WHO Helmet Manual
- (g) World report on road traffic injury prevention: Helmet Facts
- (h) The formulation and implementation of a national helmet law: a case from Viet Nam