

Motorcyclists

The motorized two-wheeler rider is the one most likely to sustain serious injuries no matter what he hits- a pedestrian, a cat or another vehicle. This is because he is traveling at a speed more than 15 kmph without any protection around, and the human body is not able to tolerate forces generated when the head or any other bone hits hard and rigid objects at speed higher than 15 kmph.

We can avoid accidents by following guidelines:

- While driving always carry your driving license and important documents such as your vehicle registration certificate, insurance certificate, road tax and P.U.C certificate
- MUST NOT carry more than one pillion rider and he/she MUST sit astride the machine on a proper seat and should keep both feet on the footrests.
- Make yourself as visible as possible from the sides as well as the front and rear. You could wear a white or brightly coloured helmet. Wear fluorescent clothing or strips. Dipped headlights, even in good daylight, may also make you more conspicuous.
- You should be aware of what is behind and in the sides before maneuvering. Look behind you; use mirrors if they are fitted.
- Wear reflective clothing or strips to improve your chances of being seen in the dark.
- Never Drink while driving
- Follow the traffic signals, lights and signs
- Avoid using the cell phone when driving. If urgent move to left, stop and then take the call
- Do not ride at high speeds. You may lose control and your life in the bargain
- Always use a helmet
- Do not ride or wheel your vehicle on to the footpath
- Use your lights when riding at night
- Understand the signals given by other road users and use the same when riding
- Never stop abruptly in traffic. Move to the left and slow down
- When passing a stationery vehicle allow sufficient clearance for the car doors which may open suddenly
- Do not try and weave your way through stationery or slow moving traffic. It may cause accidents
- Slow down at zebra crossing and if needs be stop
- Always ride with both hands on the handlebar except when signaling
- Don't sit children on fuel tanks or stand them in front of the rider
- Avoid using brakes at turns. If needed, ensure both brakes are applied gently
- MUST wear a protective helmet. Helmets MUST comply with the Regulations and they MUST be fastened securely.

Facts about Helmet:

- It should not obstruct vision.
- It should not impair with hearing.
- It should be light weight.

- It should not cause fatigue which causes crashes.
- It should not cause skin diseases.
- It should not increase the probability of neck injuries.

Kinds of helmets to be used:

It should have a thick padding of thermocole- at least 20 mm- which must extend to the sides of the head. A full face helmet is safer by all means.

Components of the helmet and their roles:

The Shell:

The shell of a helmet is an injection molded thermoplastic or a pressure molded thermoset that is reinforced with glass fibers or made of fiber glass.

- It absorbs energy in an impact:- The shell bends when the helmet is impacted and the underlying foam deforms. At moderate speeds the shell can take one-third of the impact energy.
- It distributes local forces from an impact:- Rigid objects like stone or a projecting beam can cause a skull fracture at low forces, the shell acts to distribute the force of such impact eliminating the risk of penetration.
- It allows sliding on road surfaces:- The shell being rigid and having a convex shape allows the helmet to slide along a road surface without there being an excessive force.
- It protects the face and temples:- Full-face helmet is beneficial in protecting the face and jaw. The chin bar of such helmets contain rigid foam to absorb energy for direct blows on the chin, prevent facial bone fractures and prevent the lower part of the forehead and temple being struck.

The foam liner:

This is a molding of polystyrene beads or polyurethane foam. It provides a stopping distance for the head. The foam can compress by 90% during an impact, although it recovers partially afterwards. But this helps increase the stopping distance thus reducing the peak deceleration of the head. It also protects as much as possible of the head.

Proper strapping system:

It is essential to wear a well-fitting helmet for the effective working of chinstrap system. To test if the helmet fits your head properly, tightly fasten the chinstrap and then pull helmet off forward by gripping the rear and then pulling. The strap must be threaded correctly so that the buckle locks the strap when it is pulled from the chin side. The strap must be pulled as tight as is bearable under the chin.