

Head Injury and Helmet Safety

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HEAD INJURY AND HELMET SAFETY



Image from: Gettysimages.com

Anyone who decides to ride a bicycle or motorcycle must consider, that wearing a helmet is the most effective strategy for preventing head injuries from a crash or fall.

Yearly, hundreds of people suffer head injuries and die from head injuries sustained following a fall from their bike. With the emergence of Quadbikes, which can be driven at higher speeds, the statistics for deaths and injuries has increased further.



Image from: Gettysimages.com



PREVENTION OF HEAD INJURIES

- Always wear a seat belt when in a motor vehicle;
- Use an appropriate child safety seat (Remember: rear-facing is safer than forward facing);
- Never drive under the influence of alcohol or drugs;
- Always wear a helmet when on a bicycle, motorcycle or scooter;
- Use the rails on stairways;
- Provide adequate lighting on stairs for people with poor vision;
- Do not place obstacles on pathways;
- Provide the correct safety equipment for workers.



Important Emergency Numbers
Netcare 911: 082 911 • SAPS: 10111
Injury.Prevention@netcare.co.za



You're in safe hands

NETCARE 911
24HR EMERGENCY MEDICAL ASSISTANCE