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## One Way to Ride Safer on Your Motorcycle

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It is time to consider what safety means? Safety is defined as “the condition of being protected from or unlikely to cause danger, risk, or injury.

A terrific way to increase your safety when riding a motorcycle, is to wear one single piece of gear.

But there is differences in opinions on wearing this gear in the motorcycle community. The subject and consequent actions associated with wearing this object has been proven with multitudes of studies to increase your safety when driving a motorcycle and seems like a logical conclusion to choose this major way reduce your risk for fatality or serious head injuries when riding a motorcycle. There are many advocates for wearing this type of gear and some against it and feel that it should be a rider’s freedom to choose whether to wear this type of gear or not. I do not object to anyone’s freedom of choice. As an American, I believe in our rights to freedom and liberty. But I do believe that wearing this type of gear will reduce some of the risks for significant injury and can save your life.

What I am referring to is wearing a helmet when you ride.

Here are a few statistics to share about motorcycle helmet wearing. There are many , many more reputable sources and studies you can find online supporting that wearing a motorcycle helmet makes you safer when riding your motorcycle. Here is what the Center for Disease Control provides about motorcycle helmet safety:

“Motorcycle crash injuries and deaths are preventable. A universal helmet law is the single most effective way for states to save lives and cost savings related to motorcycle crash injuries.1”

“Every year there are thousands of deaths and injuries to motorcyclists involved in crashes. More than 5,500 motorcyclists died2 on our nation’s roads in 2020, and more than 180,000 were treated in emergency departments for crash injuries.3 The economic costs of these injuries and deaths are significant.4”;

### Motorcycle helmets can save lives and reduce injuries

- Helmets saved an estimated 1,872 lives in 2017.<sup>5</sup>
- 749 more lives could have been saved if all motorcyclists had worn helmets in 2017.<sup>5</sup>
- Each year, the United States could save \$1.5 billion in economic costs if all motorcyclists wore helmets.<sup>5</sup>
- Motorcycle helmets are 37 percent (for riders) and 41 percent (for passengers) effective in preventing deaths.<sup>6</sup>
- Helmets reduce the risk of head injury by 69%.<sup>7</sup>

It is quite clear, according to CDC and the definition of safety, wearing a motorcycle helmet will make you safer when riding your motorcycle.

So wear a helmet!

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