



Motorcycle Helmet: The Truth Behind The Lies

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Helmet is the most important motorcycle apparel that a rider can wear. Basically, it protects the head, skull or brain.

There is an ongoing dispute about helmet's significance. Some say it is futile to use them. On the other hand, there are those who recognize their importance and treat helmets as a

Helmet saves lives. There have been a lot of misconceptions but let us contemplate which is the truth as compared to the lies. How do we gauge? Let us acknowledge its advantages.

First, it prevents or reduces the gravity of brain and facial injuries.

Second, it lessens wind noise. Third, it protects the eyes from windblast and other hazardous debris. Lastly, it provides greater comfort and protection. With these advantages, why would you consider not wearing them?

The kind of helmet that gives optimum protection is that of a full-face helmet. It is recommended by manufacturers, professional riders and testing authorities. However, other kinds of helmet are also good provided they pass the DOT or SNELL testing standards since these two are the most trusted testing authorities in the United States.

In a study entitled 'Motorcycle Accident Cause Factors and Identification of Countermeasures' conducted by Harry Hurt of University of Southern California (USC), it disproved the myths like helmet break necks, block vision, impair hearing, cause overheating and the likes.

In using helmet, we must instill in our minds that it will never preclude accident from happening. It is not the be all and end all of it all. However, it can reduce or limit an injury or damage. In fact it can save your breath of life!

Another reason is that it makes the riding more fun. After protection, we must consider the comfort factor of motorcycle apparel. Aside from the fact that it cut down noise, deflect bugs and debris, it also gives comfort from the changing weather conditions, thus, decreases the possibility of fatigue.

Third, wearing helmet radiates responsibility. It means that you take motorcycling seriously and that we care about ourselves and others as well.

Whether the law mandates helmet usage, the choice is within you. The discretion lies on you. Nonetheless, you are just exposing yourself and other persons to foolish risks when you can do something to reduce or avoid them.

Riding is an attitude and that attitude is reflected in the manner you ride as well as the way you treat life and precautions. Be a responsible rider!