



Delaware Valley Hospital

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Emergency Staff Remind You to Wear Helmets

The Emergency Department of UHS Delaware Valley Hospital is safe and ready to care for any unexpected and/or serious illness or injury. Safety precautions are in place so that you can feel comfortable knowing that the emergency team is trained and prepared to provide you with safe emergency care in spite of the Coronavirus pandemic.

Despite their preparedness, they want you to remember to wear a helmet, whether you're biking, riding an ATV or a motorcycle. These types of accidents can cause very severe head injuries that can be prevented or lessened by wearing a helmet.

According to the National Highway Traffic Safety Administration ([NHTSA](#)), motorcycle helmets are 67 percent effective in keeping riders who crash from suffering a traumatic brain injury. Riders who crash without a helmet are about three times more likely to suffer serious head injuries than those wearing a helmet. Preventing these injuries is key since head injuries are the number one cause of fatalities after a motorcycle accident.

When fitted properly, bike helmets can reduce head injuries by 85% and traumatic brain injuries by 88%. Because of their proven effectiveness, NYS encourages people of all ages to wear a helmet when they ride.

The NHTSA has some excellent information about wearing helmets including information about how to properly fit a helmet on a child. You can visit their website at www.nhtsa.gov