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## Poster Presentation

### The Role of Helmet in Bicycle Accidents

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#### Abstract

Fatal injury caused by bicycle accidents in many countries. When a motor vehicle collides with a bicycle, the results are often devastating as a cyclist has minimal protection from the hard exterior of a car and it is often the cyclist who will suffer incapacitating and potentially life-threatening injuries. Vehicle drivers and passengers may suffer from broken glass injuries, whiplash and bruising. In some cases, a driver may stray in order to avoid directly colliding with a cyclist, who could lead to car colliding with a lamp post, median or tree. A fixed-object accident may lead to more serious motor vehicle accident injuries. It have been reported that all of deaths from bicycle injuries are the result of collision with motor vehicles. Although, it has been demonstrated that almost all (88%) victims of cycling accidents died in motor vehicle collisions. Unfortunately, wearing of helmet is not compulsory for cyclists in our country. In fact, none of our patients had used helmets at the time of accident. Children and adolescents comprise a great proportion of cyclists, so they are the target group for any bicycle-related injuries prevention programs. In conclusion, wearing of helmet can be very useful in the prevention of bicycle accidents.

**Keywords:** Helmet, Bicycle, Accidents.

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