

## WHEN YOU RIDE A BICYCLE, WEAR YOUR HELMET!

**Baie-Comeau, May 1<sup>st</sup>, 2019** – With the upcoming arrival of milder temperatures, the Direction de santé publique de la Côte-Nord invites all bicycle users to do something smart for their safety: wear a helmet!

In fact, it is very efficient to prevent head injuries, both when falling from a bicycle and during a collision with a motor vehicle. According to the most recent data available, in 2013-2014, almost 4 out of 10 people (12 and older) wore a helmet when riding a bicycle on the North Shore, which is a significant increase compared to 2009-2010, where about 2 out of 10 cyclists had this habit. The rate of people wearing a helmet was similar to the one of the whole province of Québec in 2013-2014.

Cycling is very popular in Québec, where over 4 million people use this activity to keep fit or to join useful and pleasant with active transportation. However, wearing a helmet is still overlooked by many people. Even if its use is not compulsory, this protective equipment reduces the risk of suffering from serious head or face injuries, or even of dying of a collision or a fall.

Those wearing a helmet must ensure it is adjusted correctly in order to be well protected. It must not be too loose or too pulled toward the back of the head. In this regard, you must follow the 2V1 rule, a simple technique to adopt when you put on your helmet before hitting the road:

- With the helmet on your head, there should not be more than “2” fingers’ space between your head and the edge of your helmet;
- The straps should form a “V” just below your ears;
- The strap below your chin should only let “1” finger through.

### Other safety components

The Direction de santé publique would like to remind other safety components to cyclists:

- Give priority to itineraries with cycle paths;
- Respect the road-safety code at all times;
- Maintain your bicycle (brake cables, reflectors, adjusted seat);
- Signal your intentions with your arms;
- In a group, ride in a single file;
- Ride behind the child in order to watch them when you accompany them.

Bicycle enthusiast may obtain more details on the use of the bicycle helmet by visiting <https://saaq.gouv.qc.ca/securite-routiere/moyens-deplacement/velo/une-tete-un-casque/>.

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