1. Many Filipinos die in motorcycle collisions.

- In 2010, 6941 Filipinos died as a result of road traffic crashes, and thousands more were injured or disabled.
- Users of motorcycles make up a large proportion of those killed on the road. Data in Metro Manila indicate that 34% of all fatal road crashes and 37% of non-fatal injuries from road traffic crashes involve motorcycles.

2. Helmet use is effective at reducing head injuries.

- Injuries to the head and neck are the main cause of death, severe injury and disability among users of motorcycles.
- Wearing a helmet is the single most effective way of reducing head injuries and fatalities resulting from motorcycle crashes.
- Motorcyclists who do not wear helmets are at a much higher risk of sustaining head injuries and from dying from these injuries.

3. Wearing a standard protective helmet is important.

- Helmets standards ensure that helmets allowed for distribution and use by motorcyclists are of appropriate quality.
- Standard helmets are recognized by the presence of the Philippine Standard (PS) or Import Commodity Clearance (ICC) mark provided by the Bureau of Product Standards (BPS)of Department of Trade and Industry (DTI) .
- Helmets create an extra layer for the head and thus protect the wearer from severe brain injury.

4. Helmets should be properly fastened.

- Chin and neck straps, which are specifically designed to keep the helmet on the head during an impact, must be correctly used.
- If a helmet is not fastened, it will come off during a crash, therefore, not providing protection.
5. Helmets are designed to prevent head injuries, but NOT injuries to other parts of the body.

- Obeying road traffic rules, including adhering to speed limits and not driving while drunk, will reduce the chance of a motorcyclist being involved in a crash, and their likelihood of incurring any type of injury.
- Appropriate clothing can be helpful to reduce other types of injuries.

6. The national motorcycle helmet law (RA 10054) must be enforced.

- Motorcycle helmet legislation has been proven in many countries in reducing head injuries and deaths from motorcycle crashes.
- Legislation is most likely to work where high-quality helmets are accessible and affordable, enforcement is comprehensive, and there is widespread community education on the benefits of helmet use.

Helmet use saves lives.
Support the implementation of Motorcycle Helmet Law (RA 10054)!

References:
(c) http://www.asiainjury.org/main/protec.html
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(f) WHO Helmet Manual
(g) World report on road traffic injury prevention. Helmet Facts
(h) The formulation and implementation of a national helmet law: a case from Viet Nam