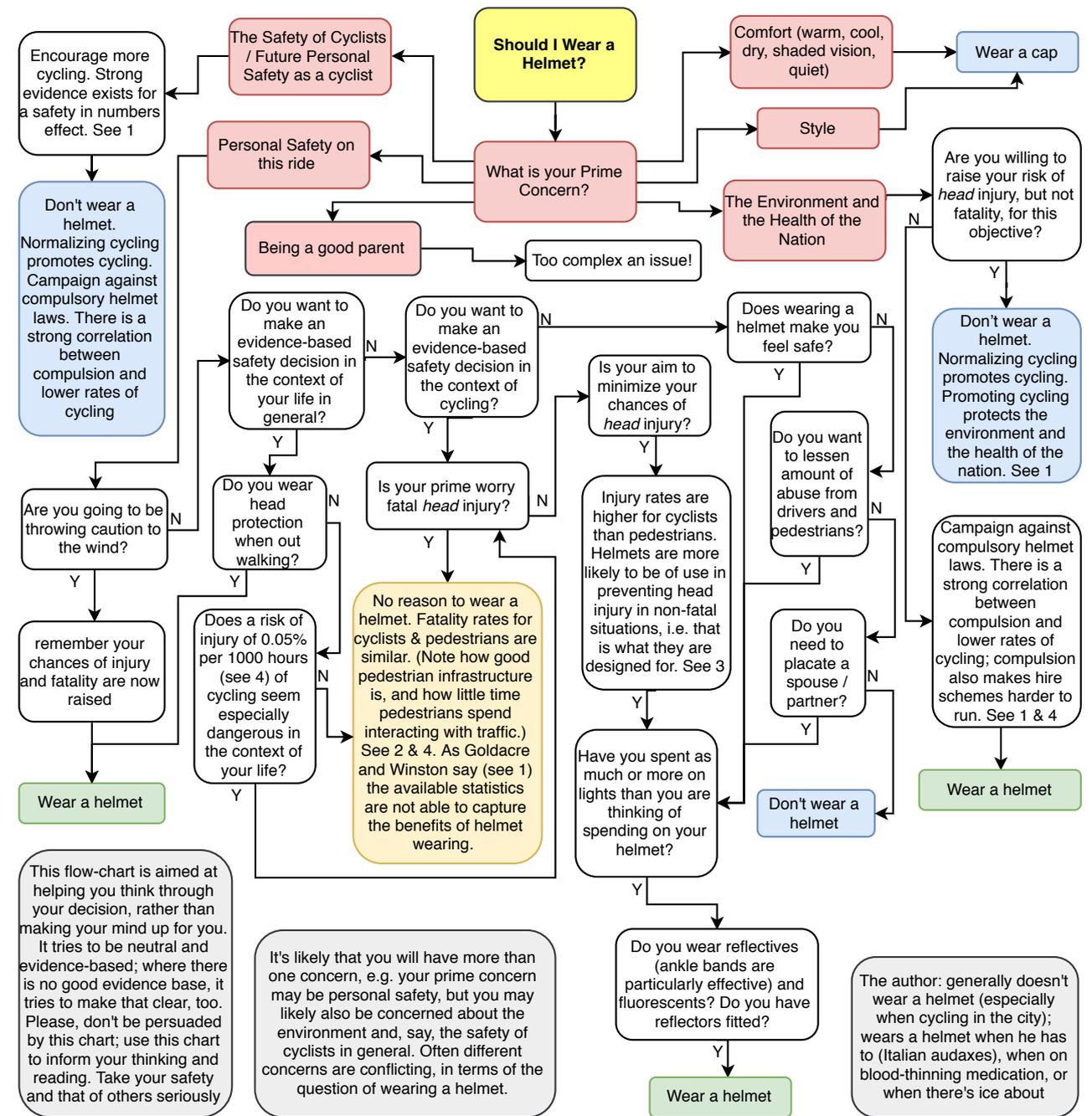


### Should I Wear a Helmet?

1. One of the best places to start for those wishing to make an evidence-based decision is the BMJ article by Ben Goldacre (of 'Bad Science' fame) and David Spiegelhalter, Winton Professor for the public understanding of risk, at <https://doi.org/10.1136/bmj.f3817>. Take-away quotation: 'The enduring popularity of helmets as a proposed major intervention for increased road safety may therefore lie not with their direct benefits—**which seem too modest to capture compared with other strategies**—but more with the cultural, psychological, and political aspects of popular debate around risk.' Although statistically not detectable, in the below it is assumed that helmets protect the head against falls from static and slow-moving bikes.



2. DoT, Facts on Pedestrian Casualties June 2015 at [https://www.gov.uk/government/uploads/system\\_attachment\\_data/file/448036/pedestrian-casualties-2013-data.pdf](https://www.gov.uk/government/uploads/system_attachment_data/file/448036/pedestrian-casualties-2013-data.pdf)

3. The BSI standard for helmets 'specifies requirements for helmets intended for use by pedal cyclists on ordinary roads, particularly by young riders in the 5 years to 14 years age group, but which may also be suitable for off the road. It is not intended for high-speed or long distance cycling, or for riders taking part in competitive events. The level of protection offered is less than that given by helmets for motorcycle riders and is intended to give protection in the kind of accident in which the rider falls onto the road without other vehicles being involved.'

4. For good collections of statistics see Cycling UK at <https://www.cyclinguk.org/resources/cycling-uk-cycling-statistics> and British Medical Journal 2006 at <http://dx.doi.org/10.1136/bmj.332.7543.722-a>  
Chris Boardman gives a nice sense of what one might take away from reading through the research: 'cycling is statistically a safe and happy and healthy thing to do and that's how I want to portray it. People in normal clothes doing normal things.'

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