

Road Safety survey was conducted in collaboration with RGUHS-Jeevraksha on 22-05-2023. This survey was done to know about the proper usage of helmets among 2-wheeler riders. This survey details were published in Times Of India on 27-05-2023 on World Emergency Day celebration

'Unfastened helmets behind most deaths involving bikers'

Study @ Three Major Traffic Jns in B'luru

Niranjan.Kaggere
@timesgroup.com

Bengaluru: Wearing an unbuckled helmet has emerged as the trigger for bloodless fatalities involving two-wheeler riders on Bengaluru's roads. While head injuries account for 70% of fatalities in road accidents in the city, wearing a helmet without strapping it on is a sure-fire recipe for disaster, as a survey conducted at three major traffic signals in the city revealed.

Out of close to 6,000 two-wheeler riders surveyed by medicos, doctors, medical students and traffic police personnel, 52.3% had not buckled their helmets.

Marking World Emergency Medicine Day, which is being observed on Saturday, Rajiv Gandhi University of Health Sciences (RGUHS), via its special purpose vehicle (SPV) Jeevaraksha — an

DANGERS OF AN UNBUCKLED HELMET

According to Dr T Rajeshwari, a professor of anatomy, in most fatalities involving two-wheeler riders, there may not be any sign of bleeding, though the consequence can still be catastrophic.

"A helmet left unbuckled can lead to severe impact on the cervical and neck area which bears the brain stem. Any damage to the stem may not cause bleeding, but it can

still lead to death on the spot," Dr Ram K Nair said that



compliance with the helmet rule was more in the central parts of the city for fear of law enforcement.

"But most riders were found to be flouting the rules in peripheral areas. A journey over short distance, severe heat and sweating and the psychological fear of suffocation prevents riders from buckling up," he said.

KEY FINDINGS

Survey points | KR Puram traffic police station signal, Griha Park signal in JP Nagar, Vega City Mall junction on Bannerghatta Road

Surveyors | **50 volunteers**

Riders surveyed | **6,958**

Riders with helmets | **5,375 (77.3%)**

Riders without helmets | **1,583 (22.7%)**

Riders with buckled helmets | **2,563 (47.7%)**

Riders without buckled helmets | **2,812 (52.3%)**

Legal riders with full-faced legal helmets | **2,798 (53%)**

Legal riders with half-faced legal helmets | **1,617 (30.7%)**

Legal Riders with illegal helmets | **856 (16.2%)**

Source: RGUHS Jeevaraksha
Note: Legal riders: Two-wheelers with up to two riders

emergency-care and life-support training initiative — conducted the survey in association with city traffic poli-

ce. The survey team comprised over 40 doctors and medicos from the East Point College of Medical Sciences and

KR Puram traffic cops. The study was conducted at KR Puram traffic police station signal, Griha Park signal in JP Nagar, and Vega City Mall junction on Bannerghatta Road on Tuesday.

Dr Ram K Nair, CEO of Jeevaraksha, said: "Even though there was 83% compliance with the mandatory helmet rule, a whopping 52.3% of riders did not buckle their helmets and were more prone to suffering fatal bloodless injuries in an accident."

Dr T Rajeshwari, ex-dean of Bangalore Medical College and medical adviser to East Point Medical College, who supervised the survey data, said: "Out of these unbuckled helmet-wearing riders, 16.4% were wearing sub-standard or non-ISI helmets."

Dr MK Ramesh, vice-chancellor of RGUHS, said: "Between 2021 and 2022, there were 633 fatalities and 2,777 injuries in Bengaluru, with over 70% of the deaths attributed to head injuries. Our survey has now revealed that leaving helmets unbuckled could have been the primary reason behind those deaths."

