



MOTORCYCLE SAFETY TIPS

WITH MERV SADDEN

WEAR THE GEAR

With our warm summer weather it can be tempting to go for a ride without the proper protective gear. We have all seen it – riders and passengers on their bikes in nothing but a helmet, t-shirt and shorts. It may look cool, but is it worth the risk?

Thankfully, BC Law mandates that all occupants on motorcycles wear a motorcycle helmet that meets designated safety standards. Helmets come in a variety of styles from half helmets all the way to the full face version that protects our entire head. We are all aware of the growing awareness of concussions and their consequences. As such, the wisdom in wearing the best protection for our heads cannot be overstated. In addition to helmets, proper riding gear includes, at a minimum, motorcycle pants, a long sleeved jacket and gloves all designed with armor plates in the appropriate areas to provide protection against road rash in the event of a crash. A good pair of riding boots that provides protection for our feet, ankles, and shins is also important.

Today's technology provides for a selection of fabrics that are lightweight and comfortable to wear even in warm weather while still providing good protection from injury. No matter what gear we may own, it will only protect against injury if we wear it.