



Bicycle Helmets Protect Children's Brains in Case of an Accident

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[Bicycle crashes](#) can lead to harmful injuries such as [traumatic brain damage](#), [back](#) and [neck injuries](#), [bone fractures](#), paralysis of different parts of the body, and even death. Depending on the circumstances, an accident can lead to brain injuries, broken arms and/or legs, and other serious injuries. A brain injury occurs when the brain is injured by any external force.

Structural injury to brain tissue is easily suffered if the bicycle rider does not wear a bicycle helmet. Upon impact to the head, a child's brain bounces around inside the skull, and can bleed from the brain, from damaged brain tissue. A well-fitted helmet worn properly can protect a child from suffering a skull fracture, or brain injury, bleeding, or swelling. The bleeding -- also known as hemorrhaging -- can fill the brain cavity rather quickly, squeezing the brain, and leading to brain injury. This is sometimes also known as a subdural hematoma.

In bicycle accident cases, back injury, traumatic brain injury, or death can occur. A qualified New York City brain injury lawyer frequently represents accident victims who suffer from brain or head trauma. One type of serious brain injury is traumatic brain injury, also known as TBI.

Bicycle riders who have had a brain injury are more vulnerable to later brain injury. Our New York City, Queens and Brooklyn brain injury attorneys have vast experience in brain injury medicine and lawsuits. Not all attorneys have specialized knowledge, training, and experience dealing with TBI or brain injury from bicycle accidents and the consequences of TBI.

Helmets work by bringing the head (and brain) to a relatively gradual stop upon impact. When an unprotected rider strikes her head against an unforgiving or solid surface, the forces exerted cause the brain to move forward against the skull - this can cause brain bruising and, as noted above, internal bleeding. Helmets soften the shock by soaking up the force of the impact.

The helmet's body, composed of melted plastic-like material, is compressed when struck by the force of an outside blow. The helmet's outer shell may even crack yet still remain intact.

Helmets don't work if they can slide back on the wearer's head or come loose upon impact, so great care should be given to making certain that the helmet that fits the rider's head - especially at the back of the skull. As children grow, their helmets needs to be replaced by a larger size helmet to offer adequate protection.

Finally, it is important to stop using and replace any bicycle helmet that has suffered an impact from an accident. Please do this even if the helmet's outer shell appears to be unbroken.

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