

CRUISE WITH CONTROL



1. Wear your motorcycle helmet properly, tightening the strap snug to fit your head. Passengers should always wear helmets too.
2. Drive safely, only on designated roads and paths, at or under the designated speed limit.
3. Use other means of travel if there is inclement weather.
4. Never drive under the influence of alcohol, drugs or prescription medication.
5. Give your bike a checkup before you head out.
6. Focus on your surroundings, and make sure other drivers can see you.

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Prevent Brain Injuries From Motor Vehicle Collisions —

A Leading Cause of Military TBI

Taking on the open road, or even a dirt path, is a familiar part of military life. Whether you're on your motorcycle, all-terrain vehicle (ATV) or motorized bike, you know where to go and you're getting there fast.

But too often, the adventure of the ride can include danger. In fact, **over 30 percent of traumatic brain injuries in the military result from motor vehicle collisions**. Many of these traumatic brain injuries (TBIs) are preventable. Smart drivers know how to stay safe on motor vehicles and protect themselves and their passengers.

What is a TBI?

A TBI is a blow or jolt to the head that disrupts the function of the brain. Brain injuries can be classified as mild — a concussion — or moderate to severe. Simply keeping safe in your activities can prevent TBI.

Look out for these signs and symptoms of brain injury:

If a collision occurs, in addition to seeking medical attention for immediate injuries and symptoms, be alert to any signs or symptoms of concussions or TBI in the hours and days after the incident.

- Headache or sensation of pressure in the head
- Loss of, or alteration of, consciousness
- Confusion
- Dizziness, feeling off-balance, or the sensation of spinning
- Delayed response to questions
- Ringing in the ears
- Trouble concentrating
- Continued or persistent memory loss

Get help and recover:

- Seek out professional evaluation and assistance right away.
- Rest and limit your activity for as long as your doctor advises.
- Return to normal activity once cleared by a doctor.
- Stop and get checked out if symptoms return.

While moderate and severe TBIs may be easily recognized and require immediate medical attention, concussions — the most common form of TBI in the military — can be more difficult to detect.



RIIDE RIGHT



5 TIPS

1. Always wear a helmet when riding or racing your bike. Wear your helmet properly, tightening the strap snug to fit your head.
2. Check the weather: Inclement weather can create slick spots on the road, high winds that lead to falls and collisions, and limited visibility for detecting hazards.
3. Ride only on designated trails.
4. Assess the risks of your activity and know your limits. Don't try to take on a steep hill if it may be too tough for your abilities.
5. Never participate in risky activity while under the influence of alcohol or drugs.

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Think Ahead Before You Get Out and Go

High speed and high intensity – the thrill of riding your bike never gets old.

Cycling is also a fun way to get from A to B. But before you get out on the road or trail, you should make a plan to stay safe.

Taking unnecessary risks — like leaving the helmet at home — can result in traumatic brain injury (TBI). In fact, **most brain injuries in the military occur in noncombat settings. Common causes of TBI include incidents during sports and recreation.**

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RESPECT THE ROAD



1. The risk of a crash greatly increases when you text or dial on mobile phones. It can wait.
2. Make sure every passenger's seat belt is fastened and secure. Children should be properly buckled up in a car seat, booster seat, or seat belt.
3. Keep children safe: Never seat small children in the front passenger seat of a vehicle with an air bag. The safest place for children younger than 13 years is in the back seat.
4. Stay sharp: Never drive or ride while under the influence of alcohol, drugs or prescription medications that cause drowsiness or impair judgment.
5. Don't speed.
6. Maintain your vehicle: Routine maintenance is necessary to prevent collisions.

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A HEAD FOR THE FUTURE

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A Leading Cause of Military TBI

Service members, veterans and their families are always on the go. Whether you're in a SUV headed to the woods, a truck hauling your surfboard or skis, or a family-sized van going to soccer practice — the military community likes the road. No matter where you go or what you drive, a collision is always a risk.

Great drivers know how to stay safe when they're behind the wheel and how to protect the head of every passenger in the vehicle. ***The majority of brain injuries in the military occur in noncombat settings, and motor vehicle collisions are a leading cause of traumatic brain injury (TBI).*** Simple precautions can prevent a brain injury.

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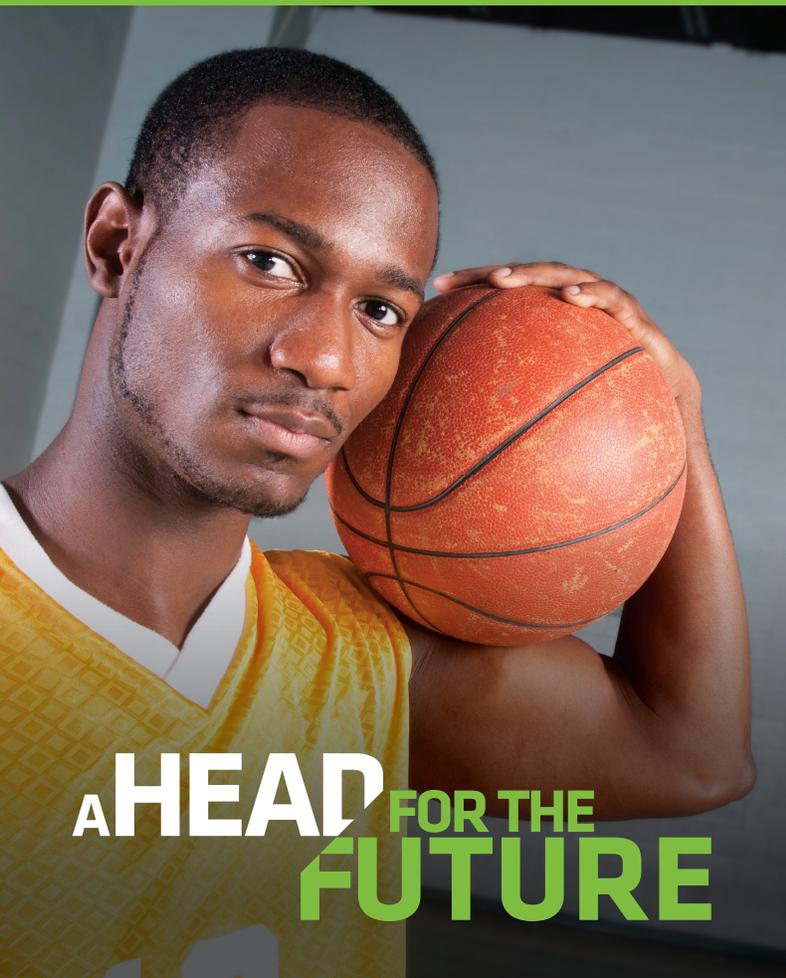


HEADS UP



1. Use equipment to protect your head: Break out that helmet for hockey, or put on padded headgear for boxing.
2. Be aware of your surroundings: Keep an eye out for flying elbows, other people, moving or stationary objects and anything else that could hurt your head.
3. Always wear proper footwear with good traction.
4. Play in well-lit areas and on surfaces appropriate for your activity.

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Keep Your Head in the Game: Recognize Sports-Related Brain Injury

The military community is active and fit.

You enjoy a variety of sports — mixed martial arts, basketball with your buddies and more — and you play hard. But the best of the best also play smart.

To stay in the game, you need to know how to recognize a brain injury. **The majority of traumatic brain injuries (TBIs) in the military are diagnosed in noncombat settings** — on the basketball court or the playing field, for example. In the event that you or a teammate sustains a brain injury during a game, it's vital to know the signs and symptoms and to get help right away.

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