

# RIDE 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 roads and 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 bike 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 your 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.**

### 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 medical 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.***



A Head for the Future, an initiative of the Defense and Veterans Brain Injury Center, raises awareness of traumatic brain injury and educates the military community about the importance of preventing brain injury in noncombat situations.

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