

Name _____

Guardians of Safety: The Importance of Helmets When Riding a Bike

Short Answer Key

1. Helmets protect your brain by absorbing the impact of a fall or collision, reducing the risk of head injuries.
2. Setting a positive example by wearing a helmet is important, especially for children, as it encourages them to prioritize safety and follow safe practices when cycling.
3. Wearing a helmet is referred to as "preventing future regrets" because it can prevent potential head injuries or even save lives in accidents that may happen unexpectedly.
4. Modern helmets are designed with comfort and style in mind, ensuring that they fit comfortably on the head and come in various designs and colors to match the cyclist's preferences.
5. One place where wearing a helmet when riding a bike is the law is in many states or countries, depending on local regulations.

