

A Little Care Makes Accidents Rare.

It was a beautiful spring evening. The whole aura was vibrant. As I glanced out my bedroom window, I spotted my neighbors across the street, enjoying the sunshine. They were relaxing on their porch while maintaining social distancing in the wake of the COVID-19 pandemic.

To break the monotony of being stuck indoors, I decided to take a ride in the neighborhood. Bicycling has been my passion since early childhood. As my friends couldn't join, I decided to go alone.

The next thing I remember is my mom rushing me to the emergency room to get immediate medical help for multiple injuries on my face and body. Perhaps I was too numb from the whole incident and was unable to fathom the excruciating pain that I was undergoing during the cleaning and suturing of my wounds.

I had met with a terrible biking accident! How, When and Where it happened, and How had I got home? These are questions I still cannot answer even though two weeks have passed since the incident.

In the ER, after reviewing my CT scans and X-rays, I was told I had had a concussion. "Is that why I have been asking the same four questions over and over again for the last five hours?" I thought. It then became clear why I retained little memory of my crash. I was made to stay in the ER for several hours to ensure I didn't have any other problems associated with my crash.

I spent the next few days recovering. The following week, when checking my helmet and bike, I was able to ascertain the severity of the impact and fall. I had crashed head on and face down, which explained the several facial lacerations and forehead injuries. My helmet was badly dented in front due to the severe impact. The front tire was slightly bent and had brakes totally severed from the tire. I realized if it weren't for my helmet, I wouldn't have been alive to see another day.

FIRST THING FIRST, IN MY BIKE HELMET I TRUST.

From this incident I learned that safety is a top priority when bicycling, which is why I cannot stress enough the importance of wearing a proper helmet when bicycling. Although accidents may be statistically rare, one wouldn't wish away their life and well-being to be another statistic. I can't thank my family and friends

enough, who have always advocated for and pushed me into wearing a helmet despite my resistance and excuses of it being “too hot and uncomfortable.”

A little care saves life. Henceforth, the first rule for bicycling is to WEAR A HELMET!

With spring advancing and summer around the corner, several children all around town will soon be riding their bikes. I urge all of them to join hands with me to support the campaign for safe biking. We will become troopers for the mission “Big or small, helmets are for all.”

If you see any child or adult riding their bikes or scooters without their helmets on, please ask them to walk home and ride their bicycles only when they have on their helmets. A little carefulness goes a long way!