

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.

[Health.mil/AHeadForTheFuture](https://www.health.gov/health/motorcycle-safety)



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 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 Traumatic Brain Injury Center of Excellence, 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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