Abstract

Are Full-face Helmets the Most Effective in Preventing Head and Neck Injury in Motorcycle Accidents? A *meta*-analysis.

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Introduction

Motorcycles are the most common type of vehicle involved in traffic deaths in developing countries. Although helmets can provide protection against injury, there is limited evidence available regarding which type of helmet best protects against head and neck injuries in this setting.

Methods

A review was conducted based on articles in the PubMed, Scopus, and Web of Science databases. The authors compared full-face helmets with other types of helmets with regard to head and neck injury prevention in road accidents involving motorcyclists. This study, thus, aimed to determine the most effective helmet type in preventing head and cervical injuries in motorcycle accidents.

Results

Full-face helmets have lower head/cervical injury than half-coverage helmets. Full-face helmets have lower head/cervical injury than open helmets. Rull-face helmets have lower head/cervical injury than other types of helmets

Authors Recommendation

Full-face helmets reduced head and neck injuries in motorcycle accidents to a greater extent than other types of helmets. Motorcyclists may consider wearing full-face helmet. Policy makers should recommend that motorcyclists use full-face helmets.