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How Protective Equipment Keeps You Safe



Helmets and protective gear have been used for centuries. Initially, they wore for battle by knights. It has taken a long time for helmets to get to where they are today.

How Helmets and Protective Equipment Work

Protective gear protects the body from harm. When someone is in a car accident, they are hit with a lot of force. The same happens when someone is tackled. We get injured because the body cannot handle the impact force. Protective gear helps in several ways. It can move the force away from you. It can also absorb some of the energy from a hit. Also, the gear spreads the force over a large area. These three things help keep you safe. Some protective gear includes:

- Helmets
- Seat belts
- Airbags
- Shoulder pads



Helmets: Helmets are made with padding and plastic and absorb the force of impact during a collision. Football helmets used to be made out of leather (see picture right). Football helmets have gotten better over time, which has led to fewer injuries. Today, the shell of the



helmet is made from a very hard plastic while the inside is lined with comfortable padding. Football helmets are also made with strong metal bars to protect the face. Hockey, motorcycle, and bike helmets are very similar in construction.

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Seat belts: Seat belts are used in vehicles to prevent you from moving around in case of an accident. There are two key parts of a seat belt. There is the lap belt and shoulder belt. When a car stops quickly, the seat belt locks in place. This keeps the passengers from smacking against the hard inside of the vehicle or being thrown through the windshield.

Airbags:



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Statistics on Protective Equipment

- Helmets have reduced biker's risk of injury by about 85%.
- The best football helmets lower the chance of injury by 60 to 80%.
- More than $\frac{1}{2}$ of the people who die in car accidents were not wearing seatbelts
- Seatbelts and airbags work together to prevent injuries in car accidents.

The Future Protective Equipment

Protective equipment is always being improved. Helmets can take more impact, seat belts better designed and airbags are now being made for bicycles. What will come next? Nobody knows.



Reading Comprehension Questions

1. What is the goal of protective equipment?
2. List the
3. What three things does protective equipment do to protect the body from impact?
4. What
5. How do shoulder pads work?
6. Explain
7. What
8. Why should children always sit in the back of a motor vehicle?

Extension Questions-Answers

9. Do you usually wear a helmet while riding a bicycle? Has your view on wearing a helmet changed after reading the article? Why or why not?
10. In many
11. Concussions have

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TWF READING

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