

WHAT HAPPENS WHEN YOU BASH YOUR HEAD?

➔ It might knock sense into some but it's also officially not A Good Thing


Apart from car accidents, bicycle accidents are one of the most common causes of head injury. Before we go any further let's make the assumption that you are wearing a bike helmet.

There are different types of head injuries, most are not serious and most people make a full recovery with no lasting effects. A concussion (jarring injury to the brain) is the most common when colliding with the dirt or a tree. You may feel dazed and confused but it's unlikely you will pass out. More serious is brain concussion, which may lead to bleeding in the brain and swelling. A skull fracture is when it cracks, and edges of broken skull can cut into the brain. This is could happen when a sharp rock or branch has gone through your helmet.

When the impact of the injury causes bleeding in the brain and blood cells collect and clots it's known as a haematoma. It can take several weeks before this occurs. Even a minor crash could cause haematoma.

So how do you know if you've got a head injury? You might have a head ache, feel dizzy, nauseous, get ringing in your ears, back pain, feel anxious, upset, irritable and tired. Usually these symptoms disappear in less than a few weeks. But if it's serious, they could last up to a year. Memory loss almost always returns. But it's important that you don't try to get on your bike for at least a week after the symptoms have gone for your own safety.

If you've had a big stack and banged your head don't hesitate, get to hospital or a doctor as soon as possible and make sure you always have company with you.



"Oh bugger, this is gonna hurt real bad..."