



## Differences Between Bike Helmets and Riding Helmets

*Bicycle helmets are designed to sustain impact from the height of a fall from a bike, not from the much greater height of a fall from a horse.*

Bicycle helmets may seem sufficient for protecting your head and you may find them lighter, cooler and more comfortable. However, bike crashes and falls from horses are not at all similar and therefore the helmet design is drastically different. The results? Bike helmets are not designed to protect your head when you're horseback riding. The height of a fall from a horse is far greater than the height of a fall from a bicycle. Bicycle helmets are not designed to withstand impact from the height of a horse. Also, bike helmets are designed to protect the top of the head since most falls from bicycles are forward. Falls from horses occur in all directions and therefore the back and sides of the head are just as vulnerable. These parts of the head are not protected by a bike helmet.

*Article courtesy of:*



The NWNHC Store carries quality Troxel riding helmets in a variety of styles and colors. Students receive a 10% DISCOUNT on all regularly priced helmets. They can be ordered online or by visiting the store at 32925-A SE 46<sup>th</sup> St. in Fall City, Wash.

[shop.nwnhc.com](http://shop.nwnhc.com)

