

# Motorcycle Protective Clothing

## Protection from Injury or just the Weather?

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### The Gear Study

Over 200 crashed riders (injured and uninjured) were recruited from hospitals and motorcycle crash repair shops in ACT (June 2008-June 2009).

- What were they wearing ?
- Did they have impact protection?
- What were their injuries?



Clothing was classified into 3 levels of protection for each part of the body:

1. Motorcycle clothing (MC) with Impact Protection (+IP)
2. Motorcycle clothing (MC) without Impact Protection (no IP), and
- 3 Non-motorcycle clothing (Non-MC).

#### Findings:

Those with Non-MC were much more likely to be injured. (See graph opposite)

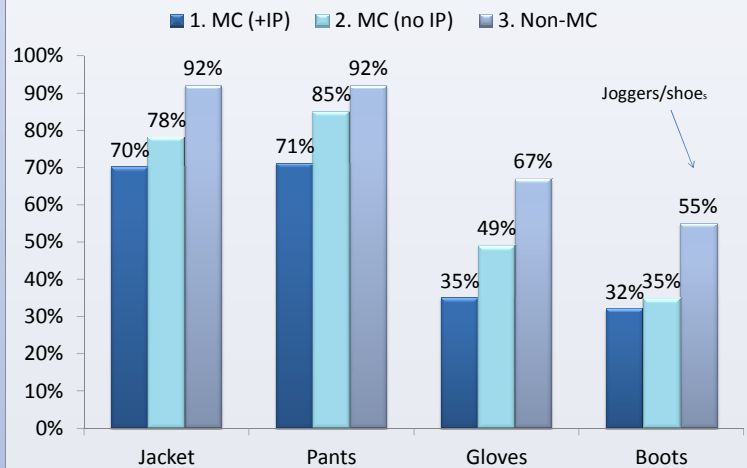
- Almost all (92%) of those with Non-MC jackets or pants were injured, compared to around 70% of those wearing motorcycle clothing fitted with impact protection.
- Over half (55%) those wearing joggers/shoes had foot/ankle injuries compared to 32% of those wearing motorcycle boots with impact protection.

The MC riders, with or without impact protection:

- reported less pain,
  - were less likely to be admitted to hospital, and
  - spent fewer days in hospital than the Non-MC riders.
- Two months after the crash these MC riders were less likely to be disabled and after six months were more likely to be fully recovered and back at work.

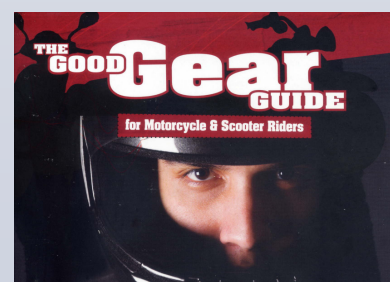


### Proportion of injured riders at each level of protection



### The 10 Golden Rules about Motorcycle Protective Clothing

1. Cover your whole body
2. Use impact protectors over your joints
3. Protect your skin with abrasion resistant material in vulnerable areas
4. Check the seams on your gear. There should be more than one line of stitching, and at least one line of concealed stitching on exposed seams
5. Check that all fastenings are secure and protected from contact with the road in a crash.
6. Avoid external pockets or straps that could become tear points or snag on something in a crash.
7. Use ventilation, reflective or light colours and temperature regulating materials to reduce the discomfort of heat. (e.g. Outlast, Cool Max, TFL)
8. Use insulated, waterproof and windproof materials to protect you from the cold.
9. Ensure all your gear fits you properly so that it will stay in place in a crash.
10. Don't carry anything in your pockets that could cause an injury in a crash.



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