

Calif. may make bike helmets mandatory

By Lydia O'Connor, Huffington Post

Legislation that would make California the first state requiring adult bicyclists to wear helmets has some biking advocates worried the mandate would discourage people from becoming bike commuters.

A bill introduced last week by state Sen. Carol Liu, D-La Cañada Flintridge, would extend California's youth helmet requirement to adults, mandate reflective clothing while biking at night and fine cyclists \$25 for not complying.

Liu pointed to National Conference of State Legislatures claim that 91 percent of cyclists killed in 2009 were not wearing helmets. Research on the effectiveness of helmets, however, is spotty. One study suggests there have been fewer injuries in the 21 states with helmet laws for young riders, but another shows no effect.

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