

Efforts for the mandatory wearing of bicycle helmets

Recently, there have been an increasing number of cycling related accidents, and many people have been injured or even died. Therefore, in an effort to reduce the damage caused by such incidents, the law was changed to “let’s wear a helmet when riding a bicycle, and those responsible for children should ensure they wear a helmet.”

It is important to wear a helmet when cycling as it can protect your head in the event of an accident.

Please refer to the following data. Approximately 70% of fatalities caused by bicycle accidents in Tokyo over the last five years were due to strong blows to the head. Additionally, compared to those who wear a helmet, the fatality rate is 2.3 times higher. That is why it is important to wear a helmet to protect your head.



The law states that ‘it is mandatory to wear a helmet when cycling’, but there are no penalties. Therefore, it is about personal efforts to follow this rule.

It is important to understand that wearing a helmet will protect you and your loved ones. That is why it is important to make a habit of wearing a helmet when riding a bike.

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : miyainfo@mif.or.jp If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Centre for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902 Email : support@mif.or.jp

※The Japanese translation will be posted at a later date on the Miyazaki International Foundation homepage.

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