

# Study reveals turban style and thickness affects head injury risk in Sikh cyclists

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## (a) Preparation of the Turbans



## (b) Variation of the Turbans



The study set-up, including the different turban styles, on crash test dummy heads. Credit: Imperial College London

A new study from Imperial College London has revealed that the style and thickness of turbans affect the risk of serious head injury in Sikh

cyclists

Sudden impacts or jolts to the head can cause [skull fractures](#) and traumatic brain injuries (TBIs). TBIs can cause bleeding, unconsciousness, and potential changes to the brain leading to [memory loss](#), mood and personality changes and lack of concentration—sometimes many years after the initial injury.

However, very little [research](#) has been done to ascertain the extent and mechanism by which turbans might mitigate impacts to the head during cycling incidents.

Now, researchers from Imperial College London and the Sikh Scientists Network have studied the performance of turban styles worn by male and female Sikhs under the types of impacts common to cycling incidents. The research is [published](#) in *Annals of Biomedical Engineering*.

The findings allowed them to make evidence-based recommendations so that Sikhs who wear turbans might benefit from the best head protection possible.

**More information:** Claire E. Baker et al, A Review of Cyclist Head Injury, Impact Characteristics and the Implications for Helmet Assessment Methods, *Annals of Biomedical Engineering* (2023). [DOI: 10.1007/s10439-023-03148-7](#)

Provided by Imperial College London

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