Would you stand around and let someone whack you in the head with a baseball bat? Of course you wouldn't. So be sure to always wear a helmet when you ride bikes, skateboards, roller skates or scooters. If you're on one of these and you fall down and hit your head on the concrete, you can hit with as much force as if someone really were swinging a baseball bat at your head. Ouch! Good thing for helmets!

