

Invisible Women

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Short Summary

This document presents the top 12 points I've picked up from the book 'Invisible Women' by Caroline Criado Perez

Invisible Women is a book looking at the data gap in evidence looking into women vs what's available for men.

My top 12 takeaways from the book are as follows:

1. Headrests, seatbelts and airbags are all designed for men with male crash test dummies meaning women are 47% more likely to be seriously injured than a man and 17% more likely to die
2. Google maps and satnav are aimed at men and provide the 'fastest route' as opposed to what women are more concerned about which is the 'safest route'
3. Smartphones are designed for male sized hands
4. Pianos are designed for male sized hands
5. Much research has gone into the effects of coal mining on the human body but minimal studies on cleaning products or nail salon products on women
6. Offices are air-conditioned for men, which means women are often cold in the office
7. Doctors are taught with male anatomy first and female anatomy very much second
8. Apple's SIRI can be used to help you find Viagra but can't help you if you've been raped or need an abortion clinic
9. Transportation networks have been built to get men from home to work and back. Women do more complex trips running errands, dropping children and going to work, their trips aren't accommodated for in the way the transportation is designed
10. Women walk more than men, yet these needs aren't accommodated for.
11. PMS affects 90% of women, yet there have been 5 times as many studies into erectile dysfunction than on PMS.
12. Women are more likely to die of heart attacks because their symptoms (indigestion, nausea, fatigue, restlessness) are different to men's (pain in the chest and down the left arm)

The PMS statistic particularly annoys me as it effects almost all women and is barely researched!

The stats regarding women in car crashes is just tragic.