

105 North Alfred Street Alexandria, VA 22314 Family Helpline: 1-800-444-6443

www.biausa.org

Bicycle Safety

Bicycle riding poses many risks and always should be done correctly.

Bicycle Facts

- More kids ages 5 to 14 go to the hospital emergency departments with injuries related to biking than with any other sport.¹
- Each year, about 567,000 people go to hospital emergency departments with bicycle-related injuries; about 350,000 of those injured are children under 15. Of those children, about 130,000 sustain brain injuries.¹
- Each year, bicycle-related crashes kill about 900 people; about 200 of those killed are children under 15.2
- Statistics show that between 70 and 80% of all fatal bicycle crashes involve brain injuries.²
- 90% of bicycle-related deaths involve collisions with motor vehicles.²

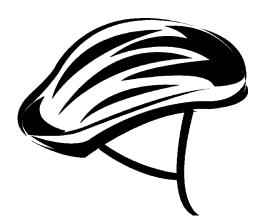


Who, What, When & Why

- The number of people who ride bicycles rose from 66.9 million in 1991 to 80.6 in 1998.¹
- Distribution of bicycle-related deaths in 1999:
 - 37 percent of all deaths occurred between 5 p.m. and 9 p.m.³
 - July, August and September have the highest percentage of bicyle-related deaths.³
 - Males are seven times more likely to die in bicycle crashes than females.⁴
- In 1999, 35 percent of bicycle-related deaths occurred at intersections.⁵
- Bicycle incidents are most likely to occur within five blocks of home.⁶
- Almost half of all bicycle crashes occur in driveways and on sidewalks.⁶

Bicycle Helmets

- In 1997, 813 bicyclists were killed in crashes, an increase of 7 percent from the previous year. Of these, 97 percent were not wearing helmets.7
- Medical research shows that 85 percent of bicyclists' head injuries can be prevented by a bicycle helmet.8
- About 50 percent of all bicycle riders in the U.S. regularly wear bicycle helmets - a rise from 18 percent in 1991.¹
- Of the 50 percent of bikers who regularly wear a bike helmet, 43 percent said they always wear a helmet and 7 percent said they wear a helmet more than half of the time.1
- Universal use of helmets could prevent one death every day and one brain injury every four minutes.²
- Half of all bike riders, do not wear a helmet regularly, which is the single most effective protection against brain injury.1
- Having friends or parents who wear bike helmets significantly encourages children to use them.8



Bicycle Helmet Checklist:

- Buy a helmet that meets the safety standards of the American National Standards Institute (ANSI) or the Snell Memorial Foundation.
- Always do these things to ensure a proper fit:
 - 1. Tighten the chin strap to keep the helmet from slipping forward or backward.
 - 2. Only two fingers should fit under the chin strap.
 - 3. Place the helmet directly over the forehead.
- Wearing a helmet correctly is vitally important to the ability of the helmet to work effectively in preventing injuries.



- CPSC, McDonald's Release National Survey on Bike Helmet Usage: Helmet Use on the Rise But Half of All Riders Still Not Wearing Helmets, April 21, 1999.
- Bicycle Helmet Safety Institute: A Compendium of Statistics from Various Sources. http://www.bhsi.org/webdocs/stats.htm (January 26, 2001)
- NHTSA, Traffic Safety Facts: Pedal Cyclists, 1999
- Insurance Institute for Highway Safety: Fatality Facts Bicycles. http://www.hwysafety.org/safety_facts/fatality_facts/bikes.htm (January 29, 2001)
- Highway Safety: Fatality Facts Bicycles. http://www.hwysafety.org/safety_facts/fatality_facts/bikes.htm (January 29, 2001)
 Maryland Community and Public Health Adminstration: Bicycle Crash Statistics. http://mdpublichealth.org/oidp/html/bike_stats.html (January 29, 2001)
- Centers for Disease Control Preventing Bicycle-Related Head Injuries. http://www.cdc.gov/ncipc/factsheets/bikehel.htm (January 29, 2001)
- BHSI, A Consumers Guide to Bicycle Helmets, http://www.bhsi.org/webdocs/guide.htm (February 5, 2001)