



BICYCLE SAFETY

According to the National Highway Traffic Safety Administration (NHTSA), 773 bicyclists were killed in 2006, and 44,000 were injured in traffic crashes. Ninety eight of these deaths involved children age 14 or younger. This makes bicycle accidents one of the most frequent causes of injury-related deaths for young people ⁽¹⁾.

Bicycling is one of the most popular ways to get around; whether it is for recreation, exercise, or transportation. It is important to remember that a bicycle is not a toy; it is a vehicle. Before riding your bicycle, you should follow some basic bike-safety guidelines ⁽¹⁾:

- wear a properly fitted bicycle helmet
- adjust your bicycle to fit
- check your equipment
- see and be seen
- watch for and avoid road hazards
- avoid riding at night
- obey all traffic laws
- stay alert at all times

The proper use of bicycle helmets offers you the most protection while on the

road. It is estimated that bicycle helmets are 85%-88% effective in decreasing the number of head and brain injuries sustained as a result of bicycle accidents ⁽¹⁾.

For more information on bicycle and helmet safety, please visit the following web-links:

Bicycle and Helmet Safety Information:

- [Easy Steps to Properly Fit a Bicycle Helmet](#)
- [Bicycle Safety Activity Kit \(for parents, teachers and children ages 4 yrs.-11 yrs.\)](#)
- [Bicycle Safety: Myths and Facts](#)
- [Kids and Bicycle Safety](#)
- [Seven Smart Routes to Bicycle Safety for Adults](#)

Other Resources:

1. Cycling Information:
www.medicinenet.com/cycling_biking_or_bicycling/article.htm

References:

1. National Highway Traffic Safety Administration:
<http://www.nhtsa.com>

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