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*Information for You from Your Health Care Team*

### **Bike Accident Facts**

- Head injury is the leading cause of death in bicycle crashes
- In 2001, 134 children ages 14 and under died in bicycle-related crashes.
- Non-helmeted riders are 14 times more likely to be involved in a fatal crash than riders wearing a helmet..
- Children ages 5 to 14 are seen in hospital emergency rooms for injuries related to biking more often than any other sport .
- Bicycle helmets have been shown to reduce the risk of head injury by 85 %.
- Children whose helmets fit poorly are at twice the risk of head injury in a crash compared with children whose helmet fits well.
- About 75 % of fatal head injuries after a bike accident could have been prevented with a helmet.
- Adult bicycle fatalities have risen from 32% in 1975 to 71% in 1999.
- The number bicycle-related injuries and deaths has dropped in the 17 states that have youth bicycle helmet laws.

98% of bikers killed were not wearing a helmet at the time of the crash.

### **Prevention Tips**

- Wear a helmet every time you ride.
- A helmet should sit on the top of your head, not tilted to the front, back, or either side.
- Straps should be snug enough so the helmet does not shift but not too tight.
- Buy a helmet that fits, not a helmet to “grow into.”
- Avoid riding after dark. Make yourself visible by wearing bright, reflective clothing.

Speak up if you have any questions or concerns

