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# Bicycle Injury

## When and Where Bicycle Deaths and Injuries Occur

- ◆ Nearly 60% of all childhood bicycle related deaths occur on minor roads in urban areas, at non-intersection locations, during the months of July to September, and between 4pm and 8pm.
- ◆ Children are more likely to be injured riding a bicycle in a non-daylight hour.

### Who is at Risk?

- ◆ Children ages 14 and under are five times more likely to be injured in a bicycle related crash than older riders.
- ◆ Children between the ages of 5 and 14 represent 36% of all bicycle riders, yet have a death rate of more than two times the death rate of all other bicycle riders.
- ◆ Males ages 10 to 14 have the highest death rate from bicycle related head injury of all ages.

## Prevention Tips

- ◆ A bicycle helmet is a **necessity**, not an accessory. Always wear a bicycle helmet every time and everywhere you ride.
- ◆ Wear a bicycle helmet correctly. A bicycle helmet should fit comfortable and snugly, but not too tightly. It should sit on top of the head in a level position, and should not rock forward and back or from side to side. The helmet straps must always be buckled.
- ◆ Learn the rules of the road and obey all traffic laws.
- ◆ Ride on the right side of the road, with traffic, not against.
- ◆ Use appropriate hand signals and brakes safely.
- ◆ Respect all traffic signals
- ◆ Stop at all intersections, marked and unmarked.
- ◆ Stop and look both ways before entering a street.

Georgia Emergency Medical Services for Children

