



## **Bicycle Safety**

### **Centers for Disease Control and Prevention**

Bicycle trips account for only 1% of all trips in the United States. However, bicyclists face a higher risk of crash related injury and deaths than occupants in motor vehicles.

#### **Deaths and Injuries**

In 2015 in the United States, over 1,000 bicyclists died and there were almost 467,000 bicycle-related injuries.

How can bicycle-related injuries and deaths be prevented?

#### **Effective Interventions**

Effective interventions to reduce injuries and fatalities to bicyclists include the following:

- **Bicycle helmets**

Bicycle helmets reduce the risk of head and brain injuries in the event of a crash. All bicyclists, regardless of age, can help protect themselves by wearing properly fitted bicycle helmets every time they ride.

- **Bicycle helmet laws**

Bicycle helmet laws are effective for increasing helmet use and reducing crash-related injuries and deaths among children and adults.

#### **Promising Interventions**

Interventions that have shown promise for reducing injuries and fatalities to bicyclists include the following:

- **Active lighting and rider visibility**

- Fluorescent clothing can make bicyclists visible from further away than regular clothing during the daytime.
- Retro-reflective clothing can make bicyclists more visible at night.
- Active lighting can include front white lights, rear red lights, or other lighting on the bicycle or bicyclist. This lighting may improve the visibility of bicyclists.

## References

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