

Safety Check ✓

From the Safety Chick

Is Cycling Safe?

The importance of safety is an everyday topic in our lives. Recently, the city of Chicago banned the use of hand-held phones while driving. The village of Mt Prospect has been discussing the addition of speed bumps to discourage speeding on village streets.

Do you think cycling is safe? I found an interesting article titled "Perceptions of Bicycle Safety" by Frank Krygowski. Found on www.bicyclinglife.com, I encourage you to review Frank's article. Five of the ten questions he answers are listed below. For the complete questions and answers, please visit the website. You will find a wealth of cycling information.

1. Rank these activities from MOST dangerous (#1) to LEAST dangerous (#5). Here, we're talking about the number of fatalities per million hours of people doing these activities.

- a) bicycling _____
- b) swimming _____
- c) on-road motorcycling _____
- d) flying in small planes _____
- e) walking near traffic _____

2. Rank these in order, giving #1 to the item causing the most ER visits per year in the USA; Give #5 to the activity or device causing the fewest ER visits per year.

- a) bicycling _____
- b) basketball _____
- c) beds _____
- d) carpets & rugs _____
- e) chairs & sofas _____

3. Of all the people who die of head injuries in the US, what percentage are killed while riding bicycles?

- a) 30% b) 20% c) 10% d) 5% e) less than 1%

4. On average, how often do enthusiastic cyclists (that is, bike club members) crash badly enough to damage equipment or require medical treatment?

Roughly every: a) 1500 miles b) 5000 miles c) 10000 miles d) 30000 miles e) 100000 miles

5. For a cyclist being treated in an ER, rank the most common injury being treated #1, and rank the least common injury #5:

- a) minor injuries to legs (like skinned knees) _____
- b) minor injuries to arms (like skinned elbows) _____
- c) minor injuries to shoulders _____
- d) moderate or worse injuries to arms _____

e) moderate or worse head injuries _____

Answers:

- 1) Most dangerous, flying small planes. Least dangerous, bicycling
- 2) Most ER visits, basketball. Least visits, carpets and rugs. Bicycling ranked #2
- 3) Less than 1%, approximately 600.
- 4) Roughly every 30,000 miles.
- 5) Most common treatment, minor injury to legs-37%. Least common, moderate or worse injury to arms-9%.