BICYCLE SAFETY

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RULE #1

Always wear a helmet!
Helmets Look Cool!!!
Bicycle-related head injuries cause:

- Two-thirds of bicycle-related deaths each year
- One-third of non-fatal bicycle injuries each year
- More than 600,000 emergency department visits each year
Universal helmet use could:

- Save one life each day
- Prevent one head injury every four minutes.
We recommend looking for a helmet that:

- Meets the CPSC bicycle helmet standard.
- Fits you well.
- Has a rounded, smooth exterior with no major snag points in back.
- Bicycle Helmet Safety Institute Testing shows the very expensive helmets and the very cheap helmets all have about the same impact protection.
Proper Fit

- Wear the helmet flat on the head, not tilted back at an angle!

- Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.
RULE #2

Follow the rules of the road
Obey all Traffic Laws

http://53x11.com/blog/2008/11/05/We-Are-the-Cyclists.159
Where cyclists die or crash facts.

- 716 bicyclists died on US roads in 2008 (698 in 2007, 1,003 in 1975)
- Bicyclist deaths represented 2% of all 2008 traffic fatalities.
- Cyclist fatalities occurred more frequently in urban areas
- (66%), at non-intersection locations
- (67%), between the hours of 5 p.m. and 9 p.m.
Where cyclists die or crash facts.

- Riding the wrong way (against traffic) is three times as dangerous as riding the right way.
- For kids, it’s seven times as dangerous.
- Riding on the sidewalk is two times more dangerous than riding in the street.
- Average age of a bicyclist injured on US roads: 31
**Where cyclists die or crash Facts**

- Average age of a bicyclist killed on US roads: 41
- Nearly one fourth (23%) of the cyclists killed were drunk. (BAC over .08 g.dl)
- 37 percent occurred on local roads.
- Streets with bike lanes have a significantly lower crash rate than either major or minor streets without any bicycle facilities.
- The most common bike-car collision is a driver failing to yield at a stop sign.
Simple Ways to Not Get Hit

- Ride defensively, predictably, and consistently
- Make eye contact with drivers
- Wear bright colored clothing even during the day
- Wear bright reflective clothing at night and have a front headlight as well as a red blinking tail light (headlights should be white and tail lights should be red)
- IT’S THE LAW!
Collision Type #1: The Right Cross

How to avoid this collision:
1. Get a headlight.
2. Honk.
3. Slow down.
4. Ride further left.
Collision Type #2:
The Door Prize

How to avoid this collision:
Ride to the left.
Collision Type #3: The Crosswalk Slam

How to avoid this collision:
1. Get a headlight.
2. Slow down.
3. Don't ride on the sidewalk
Collision Type #4: The Wrong-Way Wreck

How to avoid this collision:
Don't ride against traffic.
Collision Type #5: Red Light of Death

How to avoid this collision:
Don't stop in the blind spot.
Collision Type #6: The Right Hook

How to avoid this collision:
1. **Don't ride on the sidewalk.**
2. **Ride to the left.**
3. **Glance in your mirror before approaching an intersection.**
   (If you don't have a handlebar or helmet mirror, get one)
Collision Type #7: The Right Hook, Pt. 2

How to avoid this collision:
1. Don't pass on the right.
2. Look behind you before turning right.
Collision Type #8:
The Left Cross

How to avoid this collision:
1. Don't ride on the sidewalk.
2. Get a headlight.
3. Wear something bright, even during the day.
4. Don't pass on the right.
5. Slow down.
Collision Type #9: The Rear End

How to avoid this collision:
1. Never, ever move left without looking behind you first.
2. Don't swerve in and out of the parking lane if it contains any parked cars.
3. Use a mirror.
Collision Type #10: The Rear End, Pt. 2

How to avoid this collision:
1. Get a rear light.
2. Wear a reflective vest or a safety triangle.
3. Choose wide streets.
4. Choose slow streets.
5. Use back streets on weekends.
6. Get a mirror.
7. Don't hug the curb.
What-if Strategy

Recognize the Hazard

- Scan ahead, around, and behind your bike.
- Check the mirrors every 3 to 5 seconds.
- Use the “what if” strategy to keep yourself alert to hazards.
What-if Strategy

Understand the Defense

- Know what to do to avoid a hazard.
- Know the consequences of your choices.
- Know the basic defenses:
  - effective scanning
  - safe following distance
  - slow down
What-if Strategy

- Use the What-if Strategy as you ride down the road
- What-if that Car turns in front of me?
  - What should I do?
- What-if that car approaching from behind gets too close?
  - What should I do?
- What-if an animal or pedestrian jumps out in front of me?
  - What should I do?
Safety Equipment

- Helmets - Protect your Self
- Lights - Be Seen
Safety Equipment

- Clothing - Bright is Better
- Tool Kit - Maintaining your ride and Emergency Prep
Safety Equipment

- Hands Free water bottles
Remember to follow these safety tips

- Wear a Helmet
- See and Be Seen
- Follow the Rules
Acknowledgements

- NHTSA’s National Center for Statistics and Analysis
- http://BicycleSafe.com
- Minnesota Safety Council
- Centers for Disease Control and Prevention
Possible lunch break rides at UMD?

Weekly/monthly

Car Free Days- Sept. 13-27

Bike to work challenge to see which person or department can bike to work the most during the 2 week duration. Prizes and bragging rights would be awarded

Talk to me if interested!
Questions?