

Bicycle-Related Injuries

Fact Sheet

Emergency Department Visit¹ Alberta, 2008

- There were 6,801 bicycle-related emergency department visits. This equates to over 19 visits each day. If you calculate the number of injuries during a typical cycling season (May 1 to September 30) this equates to 44 visits each day.
- Males accounted for 75 per cent of the visits.
- The age group with the highest overall number of bicycle-related emergency department visits were those 10 to 14 years of age.
- On average males had a visit rate almost triple that of females (females 96 visits per 100,000 population compared with males at 293 visits per 100,000 population).
- Males between 10 and 14 years of age had the highest visit rates more than triple that of the girls in the same age group.
- The vast majority (93 per cent) of the cycling injuries are as a result of colliding with fixed objects, falling or being thrown from their bicycles.
- 7 per cent of the bicycle injuries are as a result of a collision with a motor vehicle.



Hospital Admissions¹ Alberta, 2008

- There were 517 bicycle-related hospital admissions. This equates to over 1 admission each day. If you calculate the number injuries during a typical cycling season (May 1 to September 30) this equates to more than 3 admissions each day.
- Males accounted for 74 per cent of the admissions.
- The age group with the highest overall number of bicycle-related admissions were those 15 to 19 years of age.
- On average males had a visit rate almost triple that of females (females 8 admissions per 100,000 population compared with males at 21 admissions per 100,000 population). The age group which had the largest hospital admission rate disparity was residents between 20 and 24 years of age where males had a rate 5 times that of females.
- Males between 10 and 14 years of age had the highest visit rates almost 6 times that of the girls in the same age group.
- The vast majority (85 per cent) of the cycling injuries are as a result of colliding with fixed objects, falling or being thrown from their bicycles.
- 14 per cent of the bicycle injuries are as a result of a collision with a motor vehicle.

Other Facts²

Bicycle deaths involved with a collision with a motor vehicle were:

- more likely to occur in September.
- The largest proportion of injuries occurred during the evening rush-hour period (3:00 pm– 6:59 pm).
- Compared to operators of all vehicles in collisions, cyclists were more likely to disobey a traffic signal or fail to yield right-of-way at an uncontrolled intersection.

Deaths¹

Alberta, 2008

- There were 7 cyclist killed as a result of a collision with a motor vehicle.

Note: the rates are based on population and are not corrected for the number of cyclists, or the duration of cycling.

1 Alberta Centre for Injury Control & Research. Injury database February 2010. Unpublished. Data available on request.

2 Alberta Transportation, Office of Traffic Safety, Alberta Traffic Collision Statistics, 2008.

Prevent Bicycle-Related Injuries

- Properly wear a bicycle helmet or a multi-sport helmet approved for cycling. It's the law for persons aged 17 and under.
- Replace the helmet if it has been in a crash, is damaged, or is older than 3 to 5 years.
- Obey traffic rules and signs and use hand signals.
- Put reflectors on your bike and wear bright or reflective clothing when riding.
- Use a bell or horn to alert pedestrians and other cyclists. Use a white front headlight and rear red light for night riding. These are required by law.
- Prohibit children less than 10 years of age to ride on the street.



The Alberta Centre for Injury Control & Research (ACICR) is committed to advancing injury control in Alberta by promoting stakeholder collaboration, capacity building and evidence-based practice in the field of injury control and research.

ACICR believes in a population health perspective, where strategies will enhance the health and well-being of the overall population. ACICR provides leadership, initiative, influence, coordination and support for injury-related policies, education, information services, and research across the province in order that stakeholders can fulfill their mandates of injury control.

ACICR is a provincial centre within the School of Public Health at the University of Alberta and receives its core funding from Alberta Health and Wellness.

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