



# Bike & Pedestrian Safety

Cycling and walking is encouraged throughout the country as an alternate mode of transportation. However, as with motor vehicle travel, there is a risk of fatal and non-fatal injuries. In Kentucky from 2004 through 2006, there were 4,001 collisions involving a bicycle or pedestrian. Of those collisions 3,512 resulted in injuries and 182 resulted in fatalities.

## Kentucky Safety Facts

### National Traffic Safety Facts for Cyclists (2005)

- ▶ 784 cyclists were killed and 45,000 were injured in traffic crashes in the U.S.
- ▶ Cyclist deaths accounted for 2% of all traffic fatalities and 2% of all traffic injuries

#### Age

- ▶ The average age of cyclists killed was 38.5
- ▶ Cyclists under age 16 accounted for 18% of traffic fatalities and 35% of traffic injuries

#### Alcohol

- ▶ Alcohol, either for the driver or cyclist, was a factor in one-third of cyclist fatalities.
- ▶ In 30% of the crashes, either the driver or cyclist, had a BAC of .08 or higher

#### Gender

- ▶ 87% of cyclists killed and 80% of cyclists injured were males age 5 to 44 years

#### Time

- ▶ 31% of cyclist fatalities occurred between the hours of 5 p.m. and 9 p.m.
- ▶ 31% of cyclist fatalities occurred during the months of June, July and August

### National Traffic Safety Facts for Pedestrians (2005)

- ▶ 4,881 pedestrians were killed and 64,000 were injured in traffic crashes in the U.S.
- ▶ On average, a pedestrian is killed in a traffic crash every 108 minutes and injured in a traffic crash every 8 minutes

#### Age

- ▶ Pedestrians (age 70+) accounted for 16% (770) of all pedestrian fatalities and an estimated 5% (3,000) of injuries
- ▶ Nearly 18% of children between ages 5 and 9 who were killed in traffic crashes were pedestrians
- ▶ Children age 15 and younger accounted for 8% of pedestrian fatalities and 28% of pedestrian injuries

#### Alcohol

- ▶ Alcohol, either for the driver or pedestrian, was a factor in 44% of traffic fatalities involving pedestrians.
- ▶ In 32% of these crashes, the pedestrian had a BAC of .08 or higher
- ▶ In 11% of these crashes, the driver had a BAC of .08 or higher

#### Gender

- ▶ More than two-thirds (70%) of the pedestrians killed were males.

#### Time

- ▶ 43% of young (under age 16) pedestrian fatalities occurred between the hours of 3 p.m. and 7 p.m.
- ▶ 48% of all pedestrian fatalities occurred on Friday, Saturday, or Sunday

# Bike & Pedestrian Safety *(continued)*

## Safety Reminders for Cyclists

1. **Wear a helmet that fits properly and complies with the Consumer Product Safety Commission (CPSC) standards.**
  - ▶ **FACT:** Helmets are 85% effective in preventing head and brain injuries.
  - ▶ **FACT:** Despite the fact the nearly 70% of all fatal bicycle crashes involve head injuries, only 20% of all cyclists wear helmets
  - ▶ **FACT:** Every dollar spent on helmets saves society \$30 in indirect medical costs and other costs
2. **See and be seen.** Increase visibility to drivers by wearing fluorescent or brightly colored clothing. If you must ride at night, use a front light and red reflector or flashing rear light. Also use retro-reflective tape or markings on equipment and clothing.
3. **Stay alert.** Scan ahead for potholes, cracks, railroad tracks, wet leaves, etc. Look for a gap in traffic, plan your move, then signal your intentions.
4. **Watch out!** Over 70 percent of car-bicycle crashes occur at driveways or other intersections.
5. **Obey traffic laws.** Bicycles are considered vehicles so the same rules apply to cyclists that apply to vehicle operators, including obeying traffic signs, signals, and lane markings. When on the street, ride in the same direction as traffic.

### How to Share the Road With Cyclists

- ▶ **Be courteous.** Allow at least three feet clearance when passing a cyclist on the road.
- ▶ **Watch out!** Yield to cyclists at intersections and as directed by signs and signals. Be especially watchful for cyclists when making turns, either left or right.
- ▶ **Look out!** Look for cyclists before opening a car door or pulling out from a parking space.

## Safety Reminders for Pedestrians

1. **Use a cross-walk if available.** Always stop and look left, right and left again before crossing.
2. **Be careful around parked vehicles.** If it is blocking your view of the street, stop at the edge line of the vehicle and look around it before entering the street.
3. **Increase visibility at night.** Carry a flashlight and wear retro-reflective clothing.
4. **Use the sidewalk.** It's much safer, but if you must walk in the street, walk facing traffic.

### How to Share the Road With Pedestrians

- ▶ **Yield the right-of-way.** Drivers are required to yield to pedestrians crossing streets in marked or unmarked crosswalks in most situations.
- ▶ **Watch out!** Be especially careful at intersections when turning onto another street and a pedestrian is in your path.

### For more information:

- Federal Highway Administration (FHWA): <http://safety.fhwa.dot.gov>
- Kentucky Transportation Cabinet: <http://bikewalk.ky.gov>
- National Highway Traffic Safety Administration (NHTSA): [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)
- National Safety Council: [www.nsc.org](http://www.nsc.org)
- Pedestrian and Bicycle Information Center: [www.pedbikeinfo.org](http://www.pedbikeinfo.org)