Bicycle Helmets

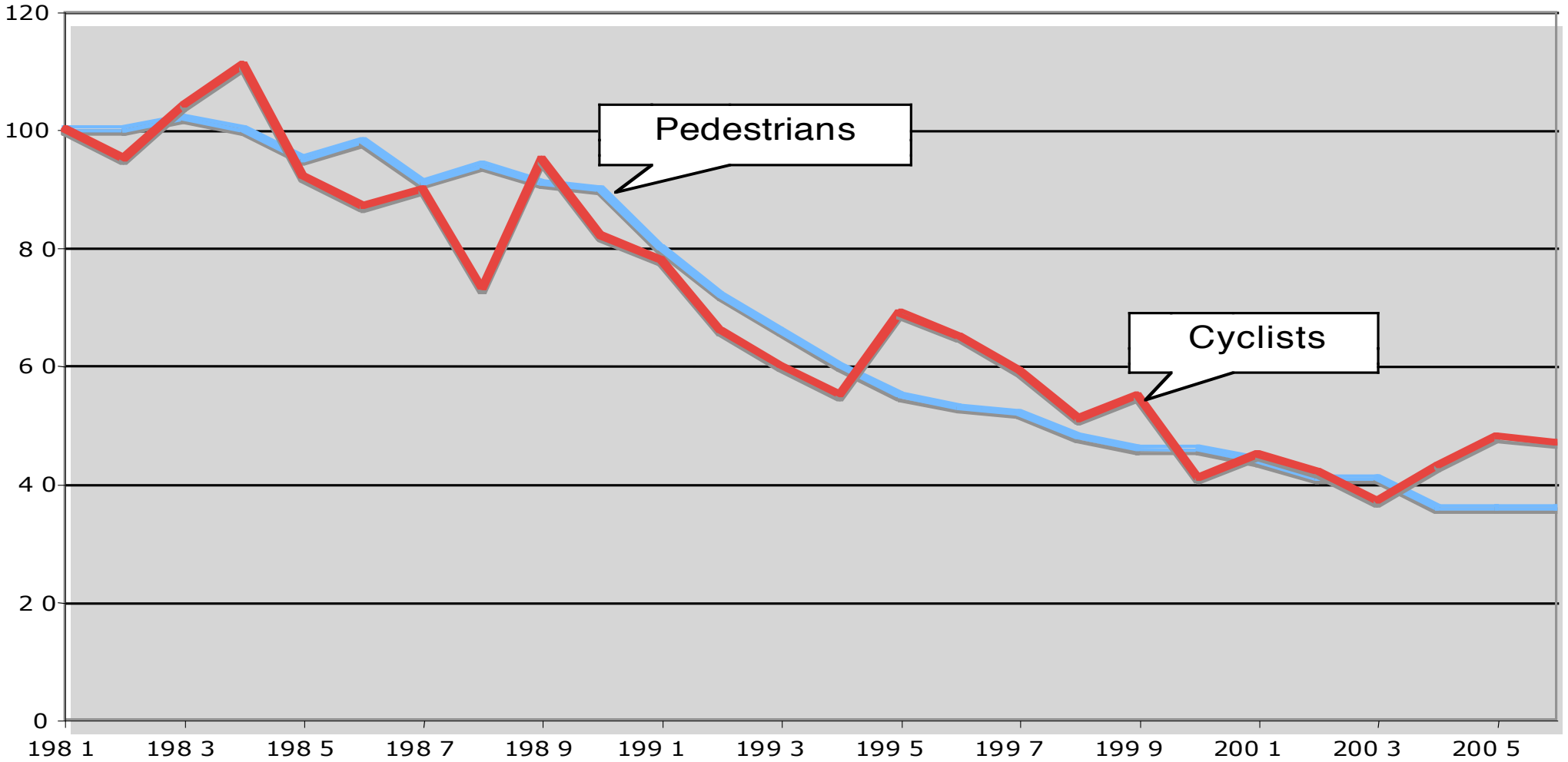
Some doubts

Themes to be explored

- Cycling is low risk and healthy
- Enforced helmet laws reduce cycling
- The evidence about how effective helmets are is contradictory

Cycling is low risk

Trends in cyclist casualties



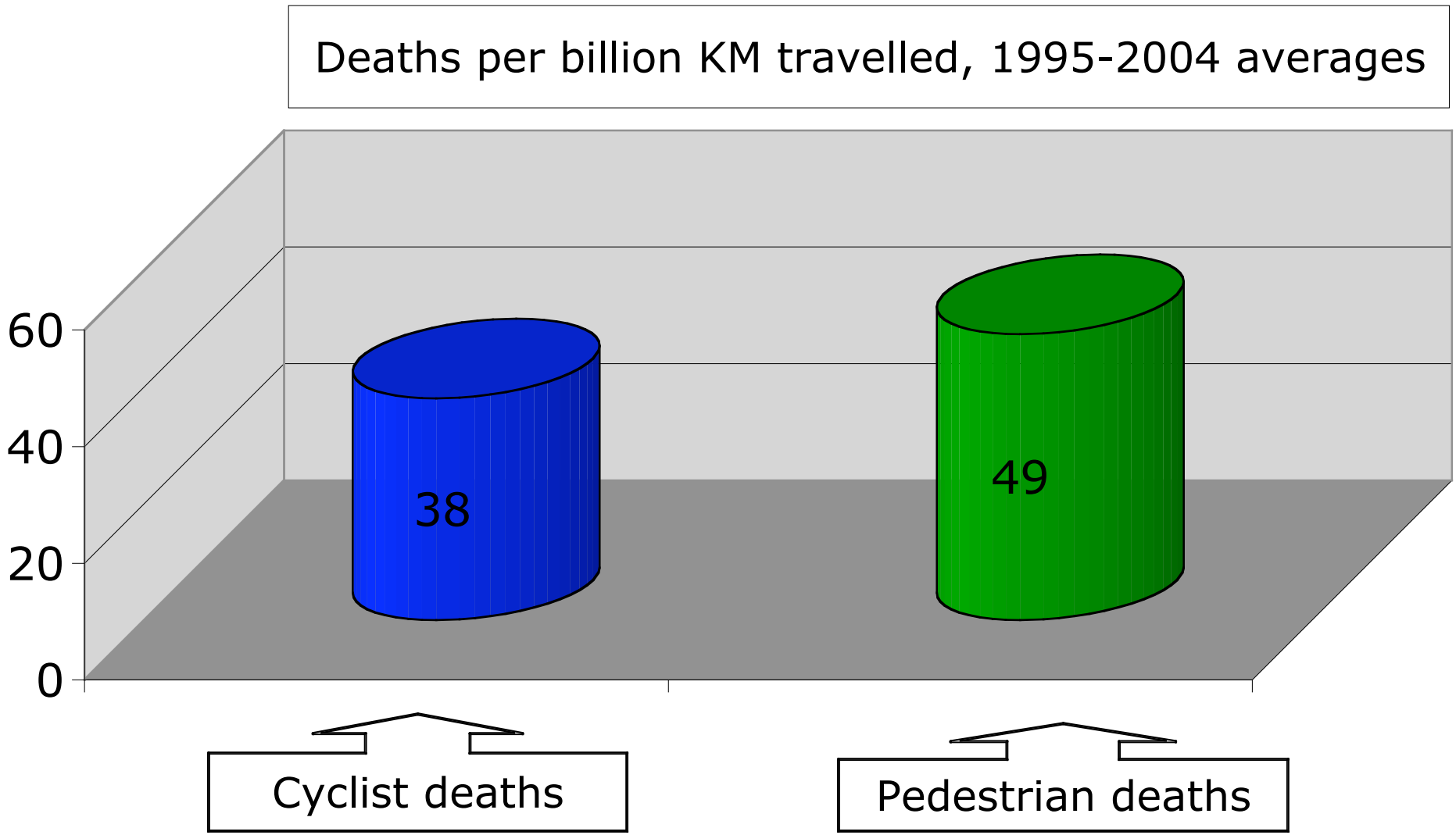
How risky is cycling?

How cycling compares

Activity	Deaths /million hours
Motorcycling on roads	8.80
Scuba diving	1.98
Swimming	1.07
Snowmobiling	0.88
Passenger Cars	0.47
Water skiing	0.28
Bicycling	0.26
Flying (scheduled domestic)	0.15
Hunting	0.08
Traveling in a school bus	0.02
Being at home (inc. sleeping)	0.01

Data from Failure Analysis Associates, Inc (now Exponent Inc), 1993, US figures.

Walking vs Cycling



Source: Road Casualties of Great Britain 2005. Table 52, p130.

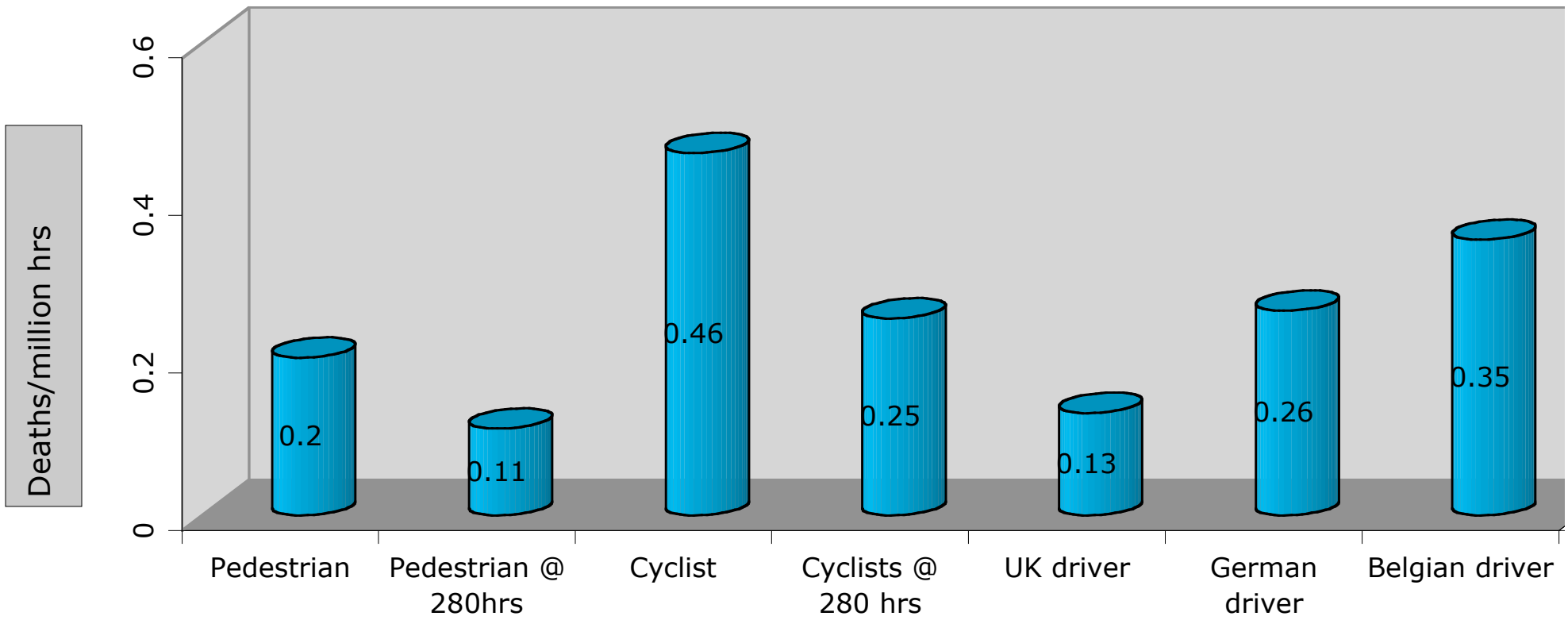
When hurt, Cyclists are not more likely to suffer a head injury

- Cyclists make up 6.5% of serious head injuries
- When treated in hospital 38% of cyclists have head injuries. The figure for pedestrians is 44%, for all injuries 34%

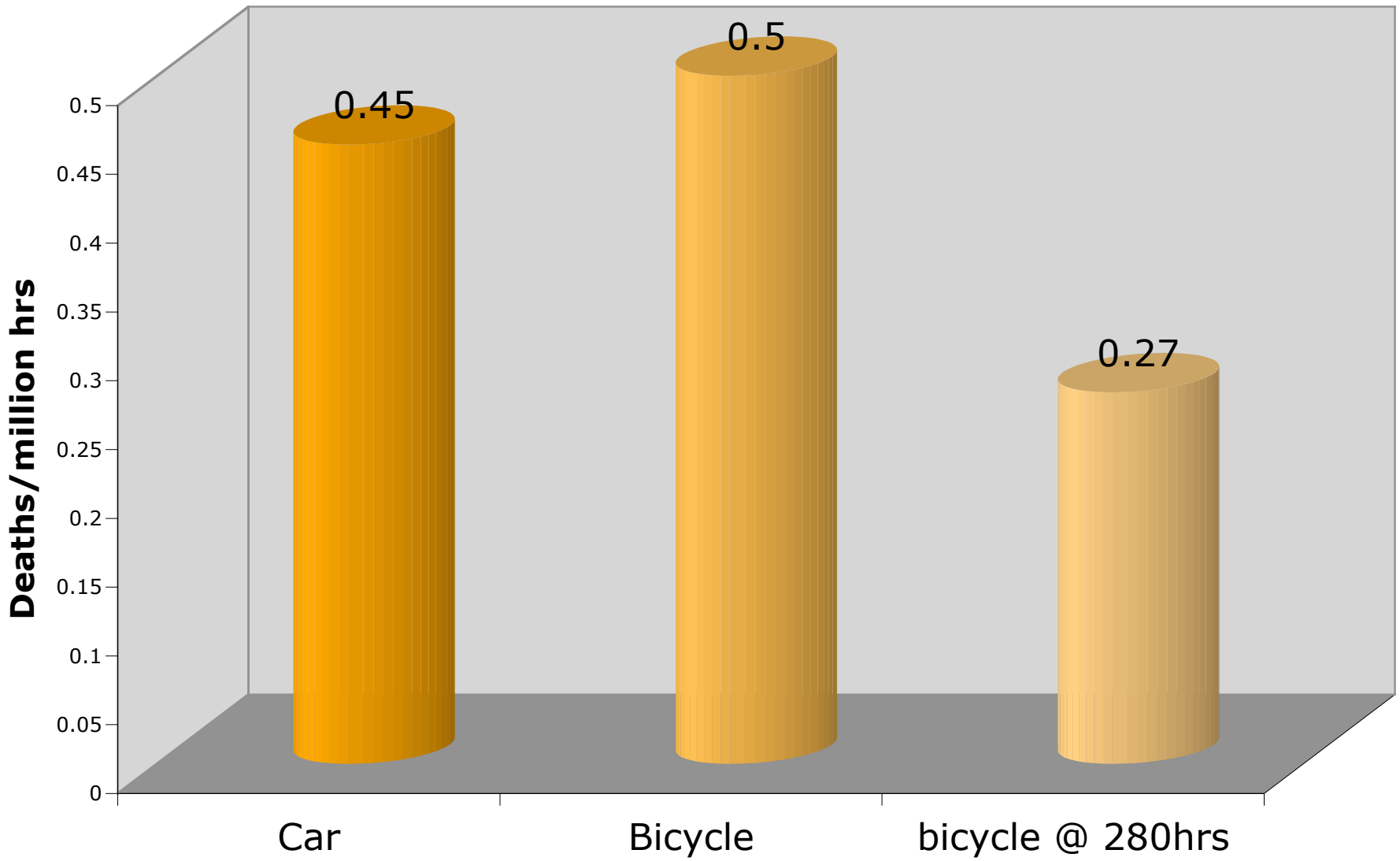
DoH, 2003, Hospital admissions data

Too dangerous?

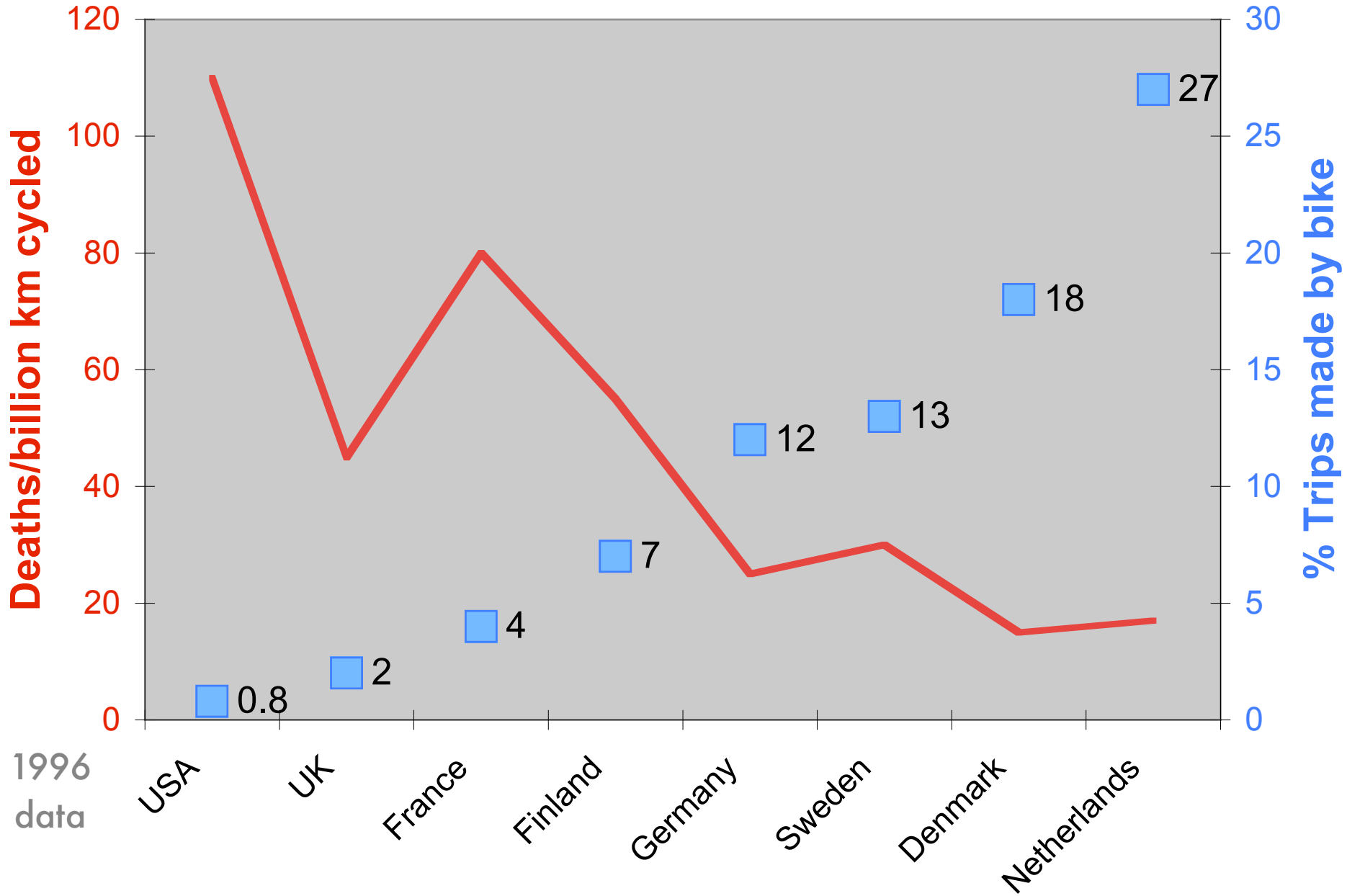
Risk per hour comparisons



Comparison of Total Risk

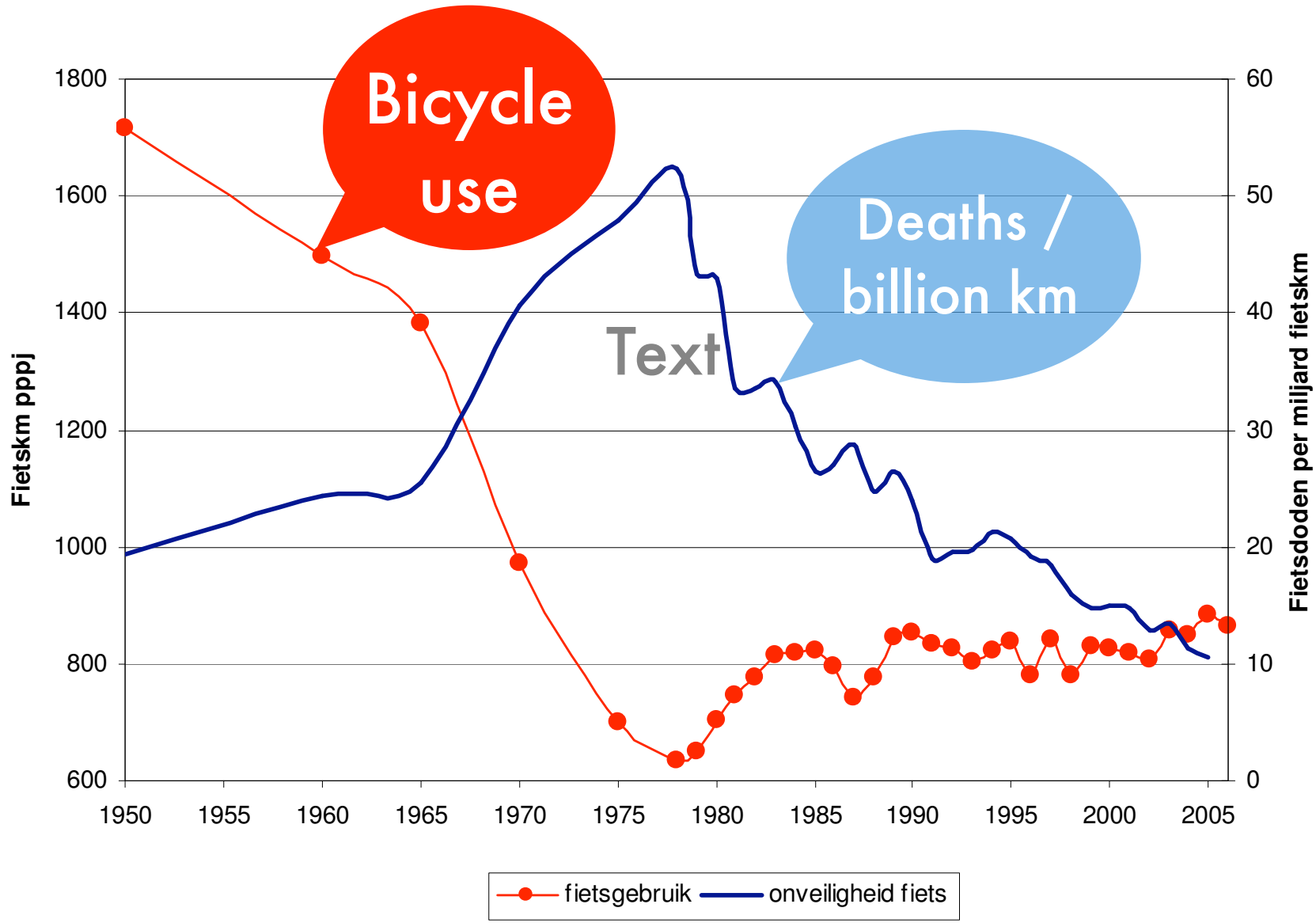


More cycling=Safer cycling



More cycling=safer cycling

The Dutch experience



Helmet wearing and cyclist death rates: International comparisons