

CLOVER SAFE #42

BICYCLING SAFETY



Courtesy of Solano County
4-H Program

Information available from the U.S. Consumer Product Safety Commission indicate more than 200,000 youth aged eight through 19 were treated in hospitals for bicycling-related injuries during 2006. The most frequent types of injuries were abrasions/contusions, fractures, lacerations, and sprains/strains. The common body parts injured, in decreasing order of occurrence, were the head, wrist, knee, lower leg, and shoulder. Many of these injuries could have been prevented by taking several simple precautions when bicycling. For

additional information about bicycling safety, go to the Clover Safe note at:

<http://ucanr.org/cloversafe>.

Clover Safe Notes are prepared by the UC ANR Office of Environmental Health & Safety, in support of the Statewide 4-H Youth Development Program.

