Bakersfield Composite Squadron #121

60-Second Safety Advisor #28

Ride Your Bike - But be Careful

As summer approaches, many of us will climb onto our bikes for exercise and pleasure. While this activity can be very enjoyable, it can also be dangerous. Each year, more than 500,000 people in the US are treated in emergency departments for bicycle-related injuries, and more than 700 people die as a result of bicycle-related injuries. Children are at particularly high risk for bicycle-related injuries. Statistics show that children 15 years and younger account for the majority of bicycle-related injuries seen in US emergency departments. There are some things that you can do to avoid being included in these statistics. First, wear a bicycle helmet; the most serious injuries resulting from bicycle accidents are head injuries, which are preventable by wearing the appropriate helmet. Secondly, avoid city streets as much as possible by utilizing the bike path. In a contest between a car and a bike - the car wins! If you do find it necessary to ride your bike on city streets, ensure that your situational awareness is at its highest level and that you are a defensive rider. Drivers get distracted by many different things and may not notice a bicycle, so it is very important that bicycle riders are alert and on the defensive. Enjoy your bike riding, but don't underestimate the risk.