

Cycle safety

Road Safety



Cycle safety

- **Question 1:** When riding a bicycle, who is more likely to be killed or seriously injured in a road incident?
- 12 to 16 year old boys
- 12 to 16 year old girls
- In this age group boys are twice as likely as girls to be killed or seriously injured when cycling. Think about the factors that could cause this difference.

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- **Question 2:** Which day of the week has the most serious road incidents involving pedestrians aged 12–16 years old?
- Saturday
- Sunday
- Monday
- Wednesday
- Friday
- Friday was the day with the most incidents (deaths and serious injuries) and Sunday had the fewest. Could this be because pedestrians are looking forward to the weekend so thinking less about using the roads safely on a Friday?

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- **Question 3:** In 2008, which time of day saw the most fatal pedestrian incidents amongst 12–16 year olds?
- Midnight to 2am
- 9am to 11am
- 3pm to 5pm
- 8pm to 10pm
- For this age group the time of day when the most fatal pedestrian incidents happen is between 3pm and 5pm. Why do you think this is the case? It could be down to the 'post-school mood', where pedestrians may be more distracted, tired, or less alert.

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- **Question 4:** Which months of the year are typically the highest for road deaths and serious injuries amongst 12–16 year old pedestrians?
- January and February
- June and July
- October and November

Typically October and November see the most pedestrian deaths and serious injuries amongst 12–16 year olds. It is dark when people are travelling, including getting to and from school, and the road conditions may be bad.

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- **Question 5:** Which of these cause the most deaths of young people each year?
- Meningitis
- Road incidents
- Assaults including knife crime
- Drowning
- Cancer
- Road incidents cause the most deaths. Statistics show over 700 people killed in road incidents, around 600 by cancer, 70 by assault, 30 by drowning and 10 from meningitis.

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- **Question 6:** Which age range is most likely to be killed, or seriously injured, in a road incident – all modes of transport?
- Below 5 years old
- 5–11 years old
- 12–19 years old
- 20–29 years old

- 12–29 year olds are more likely to be killed or seriously injured in a road incident. People in their 20s are the next and children under 12 the least likely of the age groups mentioned to be killed or seriously injured in a road incident.

What are the basic rules of the road for pedestrians? What do you think?

- Use the footpaths
- Walk on right hand side of the road if no footpath
- Help other road users to see you. Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions
- First find a safe place to cross and where there is a space to reach the footway or footpath on the other side.
- Where there is a crossing nearby, use it. It is safer to cross using a subway, a footbridge, an island, a zebra, pelican, toucan or puffin crossing, or where there is a crossing point controlled by a police officer or school crossing patrol
- Stop just before you get to the kerb, where you can see if anything is coming. Do not get too close to the traffic. Look all around for traffic and listen. When it is safe go straight across the road – do not run

What stops us from being safe?

- We all know that Green Cross Code
- But for young people distractions to attention play a major role in road accidents
- What things might distract you on a journey?
- Think, pair, share

Road Safety for Cyclists

- In 2011, there were 2,000 cycling casualties (of which 7 people were killed and 291 seriously injured) amongst 12-16 year old
- We have seen some unsafe behaviour from Sandy Secondary School cyclists. The next few videos and pieces of information are the necessities to keep you safe.

Why cycling's good!

- Burns up to 300 calories per hour – good exercise
- Can travel 4 times faster than walking
- No need for expensive and polluting petrol
- No parking space needed
- Not stuck in traffic jams during rush hour

What rules should cyclists follow?

- Same rules of the road as cars
- Wear helmet
- Lights at night
- Be seen fluorescent clothes
- Cycle lanes
- No headphones

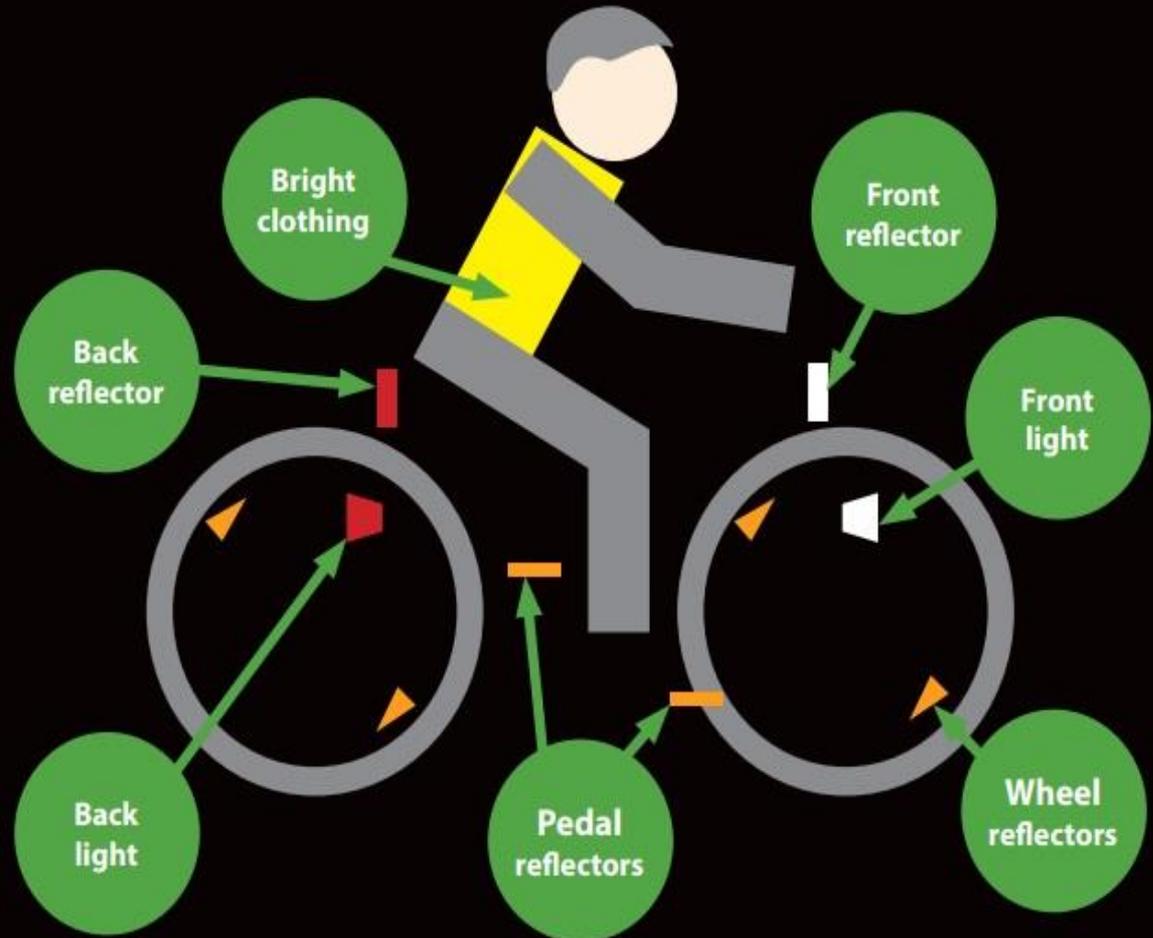
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- https://www.youtube.com/watch?v=LKFg5XptHvY&index=4&list=PLi8nqrsVU6ht0pNF4PjtpD4I0w7X_gsPC
- Rules for cyclists

BE SAFE BE SEEN

Find out how you can stay safe cycling in the winter online at www.environment.admin.cam.ac.uk/what-are-we-doing/travel

- 1 Wear bright reflective clothing.
- 2 Put a white front light and red back light on your bike.
- 3 Put a red back reflector on the back of your bike.



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