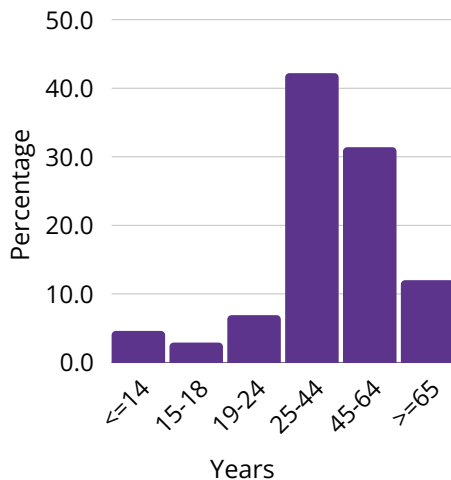


Bicycle Injury at UW Medicine

Overview

- Since starting in 2017, the Seattle bike share program has added significantly to bike usage, with over 1 million trips being taken with the program in 2022¹.
- The number of bicycle-related injuries increased from 305 in 2018, 154 in 2019, and 135 in 2020 to 498 in 2021 and 507 in 2022, respectively, totalling 1599 cases recorded at UW-affiliated medical centers.
- 40.5% of injuries were treated in emergency departments and 16% were admitted to the hospital.
- 77.9% of injuries were collisions with motor vehicles, and 1.0% were collisions with animals, pedestrians, or other bicycles, and 21.1% were non-traffic collisions or crashes.
- 74.2% of injuries happened on weekdays.
- 63.7% of injuries occurred between 6AM and 6PM.

Patient Age



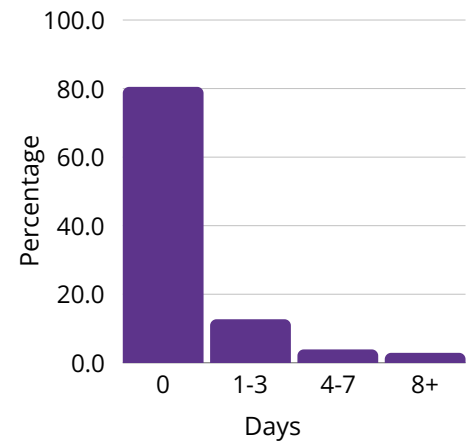
Helmet Use



1 in 3 of patients were not wearing helmets

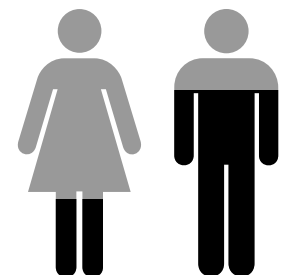
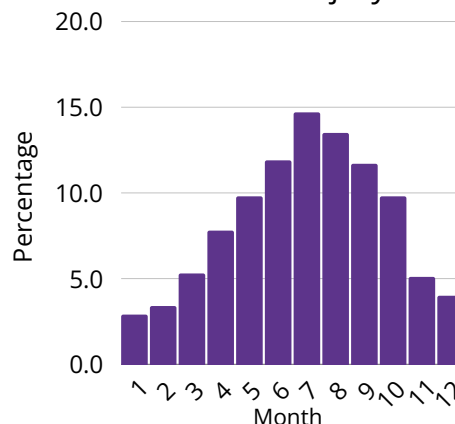


Length of Stay



Among reported cases from 2021 and 2022, 19 (34%) involved alcohol, and 13 (25%) involved substances

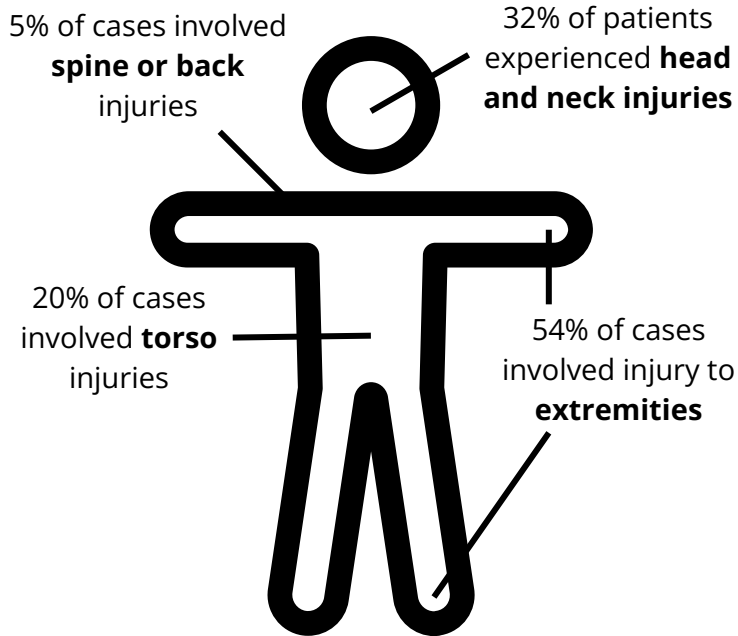
Month of Injury



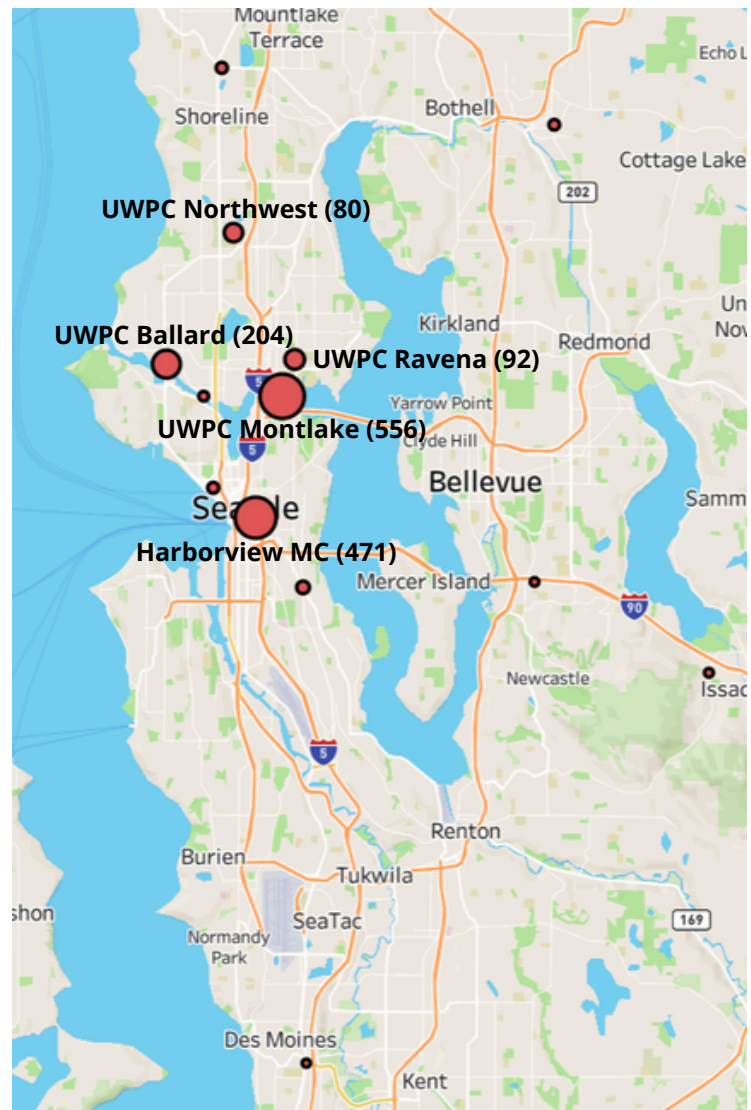
30% of cases were females and 70% were males

Body Region of Injury

- Of the 516 cases of head and neck injuries, 176 (34.1%) were Traumatic Brain Injuries (TBI).
- 19.1% of unhelmeted patients experienced TBI's compared to 15.5% of those wearing helmets.
- Of the 868 cases of extremity injuries, 629 (72.5%) involved the upper extremities and 381 (43.9%) involved the lower extremities.



Treatment Location



Preventive Measures



Avoid alcohol and substances before riding



Always wear a helmet to avoid head injuries



Always stay alert and remove distractions when riding



Follow all traffic laws and stay in the bike lane when possible



TRAFFIC SAFETY COMMISSION

The project was funded by the Washington Traffic Safety Commission through a grant with the National Highway Traffic Safety Association

References

¹<https://www.seattle.gov/transportation/projects-and-programs/programs/new-mobility-program/scooter-bike-share-data#linksuperpedestrianfeeds>