SHRED SAFE

Mountain bike riders visit our ER's every day

- Broken bones
- Concussions
- Internal bleeding
- Organ damage
- Head & spine injuries

65% of riders in the emergency department require surgery

Avg age with severe injuries: 33 years old

Avg hospital stay for severe injuries: 5 days

Worst time for injuries: Afternoon

Highest number of injuries occur in: August

Last season, 100 mountain bikers needed major emergency surgery

DON'T LET INJURY RUIN YOUR SEASON

- Check your bike
- Know the trail
- Wear protective gear
- Take a skills course
- Slow down
- Know your limits

65%

www.vch.ca/shredsafe

Vancouver Coastal Health