

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

Worst time for injuries
Afternoon

Highest number of injuries occur in
August

Avg age with severe injuries

33 years old

Avg hospital stay for severe injuries

5 days

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

