



ETSC Cycling Road Safety Chapter

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Why Cycling ? ... Active Transport

Cycling ...

- reduces traffic congestion
- lowers infrastructure costs
- lowers transport emissions
- improves health
- Less third party accidents

The evidence of benefits of active transport is very high



Physical activity improves health & reduces risks

↓ 20-30% morbidity and mortality risks down from

- Coronary Heart Disease (CHD)
- Cardio-vascular Disease (CVD)

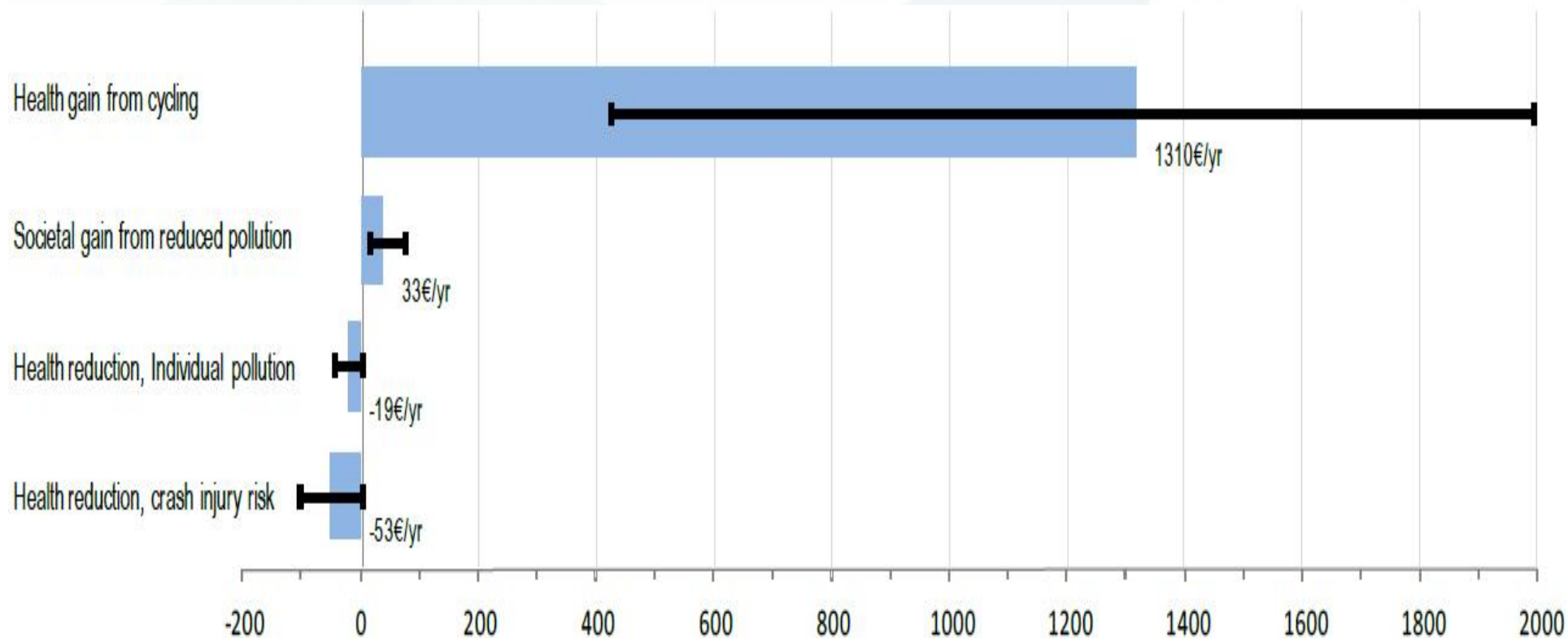
↓ • 20 – 40% cancer risks decrease

↓ 30% risk of developing functional limitations

↓ 30% for premature all-cause mortality

Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, DC: U.S. Department of Health and Human Services, 2008.

Benefits of active transport



Rabl and de Nazelle, 2012, Estimated mortality costs and benefits per individual switching from car to bicycle for work trips taken from ITF report Cycling, Health and Safety

Perception of safety!



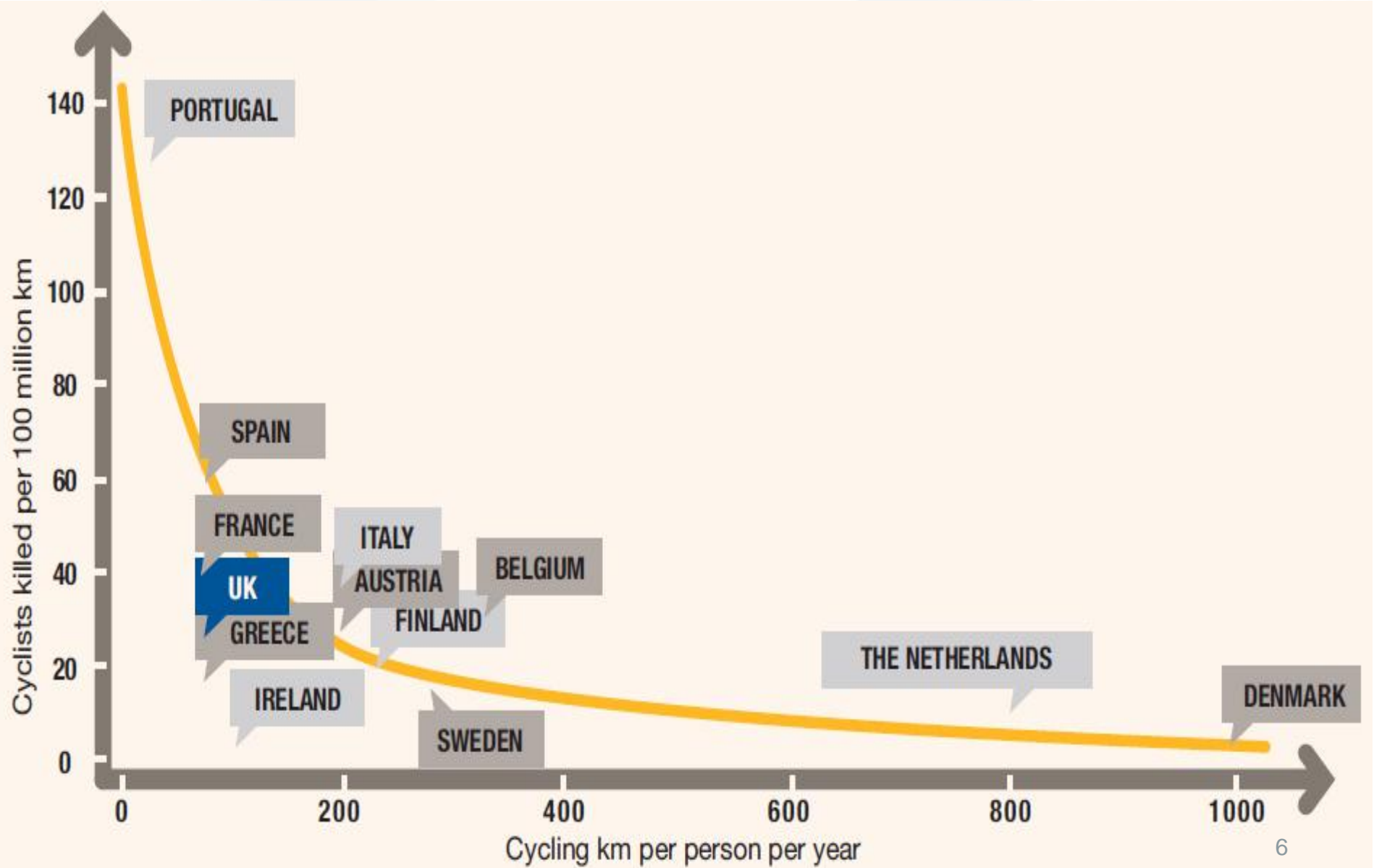
Before



After



'Safety in Numbers'



Why?

- Awareness in Numbers
 - Motorists change of behaviour in the presence of cyclists on the road
 - More drivers are cyclists
 - Drivers understand cyclist needs
- Or is the correlation infrastructure and safety?
 - Perception of risks tackled ‘Build it and they will come!’
 - increases numbers with safer infrastructure



Thanks!

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