# Survey Reveals Risk of Daily Injury for Cyclists on Britain's Roads This Winter

**Thursday 12 February, 2015**

**Related Sectors:**

Sport ::

**Scan Me:**

A survey commissioned by Sovereign Healthcare looked at the daily risk of injury to cyclists on Britain's roads, and showed some really eyecatching and somewhat shocking results. The statistics show that on average, British cyclists experience 97 cut faces, 13 concussions, 8 broken fingers, 7 broken wrists, 6 broken noses and 2 broken legs every day. With more bad weather predicted this winter this serves as a timely reminder to road users including cyclists to take extra care to avoid injuries and accidents.

With dark mornings and evenings causing reduced visibility and frosty wintery weather making roads and pavements slippery, it's no surprise that the roads can be a hazardous place for Britain's cyclists at this time of year. But now a survey* commissioned by leading health care cash plan provider Sovereign Health Care has revealed just how common daily cycling injuries really are in the UK.

The national survey showed that on average, British cyclists experience 97 cut faces, 13 concussions, 8 broken fingers, 7 broken wrists, 6 broken noses and 2 broken legs every day. Hundreds of minor injuries such as cuts and scrapes also occur on a daily basis; an ever- increasing risk as the weather gets colder and conditions become more difficult to manage on the roads.

Sovereign Health Care's chief executive, Russ Piper, said: "Cyclists are particularly vulnerable in winter as dark nights and wet surfaces leave them at greater risk. Even minor injuries such as cuts and sprains can result in time off work and unexpected costs such as prescription charges and ongoing treatment such as physiotherapy. This is where a health care cash plan can really be of benefit."

Top ten injuries experienced by UK cyclists per day:

1. 449 people with cuts to their knees
2. 221 people with cuts to their elbow
3. 204 people with cut legs
4. 182 with cut arms
5. 97 cut faces
6. 72 cut hands
7. 33 sprained wrists
8. 31 sprained ankles
9. 14 sprained arms
10. 13 concussions

What's more, cyclists also need to be wary of other road users, with an average of 67 cyclists per day claiming to have had a collision with a car in the UK. And it's not just car drivers who need to take care when sharing the road with cyclists, as 75 cyclists per day report narrowly missing a clash with a bus, while 220 cyclists report having a near miss with a pedestrian.

Whether it's NHS or private treatment, cash plans allow people to claim back a percentage of theireveryday health care costs such as physiotherapy, hospital stays, prescription charges and even holistic therapies following minor accidents. This can help make treatment more affordable and accessible, particularly for those individuals and families who may be struggling to stretch the household budget.

Russ adds: "Health care cash plans are different to many other forms of insurance including private medical insurance; they are designed to pay out for everyday things and help individuals support their health and wellbeing. You can be perfectly healthy and still benefit!"

-Ends-

For more information on Sovereign Health Care and its cash plan benefits visitwww.sovereignhealthcare.co.uk

*Censuswide survey of 1,000 UK adults aged 18 and over.

For further information please contact Kirsty Scott on T: 0113 394 4579, M: 07515 053297, E: kirsty.scott@brand8pr.com or Paula Toole on T: 0113 394 4583, M: 07950 682202, E:

paula.toole@brand8pr.com

**Note to editor**

Sovereign Health Care is one of the UK's longest established providers of health care cash plans to individuals and businesses. Based in Manningham Lane, Bradford, it is a company limited by guarantee. The company does not have shareholders and any surplus it makes is reinvested in the business or given by Gift Aid to its charitable trust, which distributes the money to good causes.

Sovereign announced it paid out the greatest amount in its 140-year history in claims in 2013. It refunded £6.8 million of health care costs incurred by policyholders during 2013, compared with £6.7 million in the previous year.

## Company Contact:

_

**Pressat Wire**

E. support[@]pressat.co.uk

View Online

**Newsroom:** Visit our Newsroom for all the latest stories:
**https://www.wire.pressat.co.uk**