Drivers and vehicle passengers have the protection of the vehicle to absorb some of the forces of a crash. When we are walking, cycling or riding a motorcycle, we are much less protected and more vulnerable to injury - even in crashes with lower impact speeds.

<table>
<thead>
<tr>
<th>Impact speed</th>
<th>Likely injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td>30km/h</td>
<td>Fractures to arms, shoulders and collarbone. Open wounds due to sliding along the road surface.</td>
</tr>
<tr>
<td>45-60km/h</td>
<td>Injuries listed above as well as those stated below. Head or spinal injury. Broken bones. Internal injuries in the chest and abdominal area.</td>
</tr>
<tr>
<td>60-75km/h</td>
<td>Injuries listed above as well as those stated below. Severe brain, skull and spinal injuries.</td>
</tr>
</tbody>
</table>

**What works?**
- Wearing a helmet reduces the risk of head injury by up to 74%.^1^  
- Wearing protective clothing reduces the likelihood of open wounds^4^  
- Buying a safer motorcycle with crash-preventing technology such as Anti-lock Braking System (ABS)  
- Lower travelling speeds  
- Safer cars with technology such as blind spot detection and Autonomous Emergency Braking (AEB) help drivers to detect other road users.

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1. Likely injuries for road users at different impact speeds were sourced from TAC claims data and crash investigation data.

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