



BRIAN M^c GRANE
SOLICITORS

Safety for Cyclists

Brian McGrane, Solicitor, has acted for countless cyclists over the years, who have been unfortunate enough to be involved in road traffic accidents.

Regrettably, the statistics of cycling fatalities in Ireland, show no signs of abating. The figures released in relation to same, show that in the year 2022 there were 7 cyclist fatalities, in 2023 there were 8 and in 2024, there were 11.

As road users, cyclists are one of the most vulnerable to injury or death. Therefore, it is incumbent on all road users, to take care for their safety. However, cyclists should also do all they can, to ensure their own safety and we list the following points, which may assist in keeping our cyclists safe;-

1. **Wear a cycling helmet** – Although it is **not mandatory** that cyclists wear cycling helmets in Ireland, it certainly gives a level of protection to a cyclist's head, should they be involved in an accident and is a very worthwhile investment.
2. **Light Up** - Always ensure that, during lighting up hours, at a minimum, you have a **working, bright, front, and rear light**. In the dark winter months, it can be virtually impossible for motorists to see cyclists, unless they are properly lit up.
3. **No Headphones** - Avoid wearing headphones while cycling. The wearing of headphones or ear buds is **not prohibited**, under the law, it is essential for a cyclist to be aware of what is going on around them. A cyclist, wearing headphones will be

far less aware of what is going on around them. Headphones will often prevent cyclists from hearing approaching traffic and will render them less aware of imminent danger.

4. **Watch the Road** - Be aware of the road surface and watch carefully for the edges of grills, sewers, potholes, tram tracks, etc. These effective “traps” can very easily cause a cyclist to lose control of their bicycle and fall and should be avoided, if possible and if safe to do so.

We hope that the above is of some assistance to keep cyclists safe but in the unfortunate event that you do suffer injuries because of a road traffic accident on your bicycle, please call us to see if we can assist you.

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