Safety Tips for E-Bikes & E-Scooters

Things you need to know to keep your kids safer when they ride an E-Bike or E-Scooter

As electric e-bikes and e-scooters become more popular, injury risks rise. Without proper safety knowledge, e-riders are at increased risk for head trauma, fractures, and traffic collisions. E-bike education helps everyone understand how to ride responsibly, wear the right gear, and follow the rules of the road. E-bike safety isn't just about preventing injuries—it's about protecting lives.

1. Always Wear a Helmet

- Helmets reduce the risk of serious head injury by up to 85%.
- Choose a properly fitting, certified helmet.

  Consider a helmet designed for higher speeds such as the Dutch NTA 8776 standard or a motorcycle helmet.

2. Age-Appropriate Use

- E-bikes and electric scooters are not safe for younger kids.
- Check local laws and manufacturer recommendations—
  Many suggest a minimum age of 16+ for e-bikes
- Younger kids should stick to traditional pedal bikes & non-motorized scooters and a properly fitting helmet.
- Use an eRider readiness checklist to help inform the decision.

3. Supervision & Training

- Supervise children until they demonstrate safe riding habits.
- Teach them to start slow, brake gradually, & ride in control.
- Encourage practice in safe, low-traffic areas like empty parking lots or bike parks.
- Always follow the instructions of the manufacturer for proper battery charging and storage to reduce fire risks.

Safer riding starts with setting clear expectations.

Create a family agreement together before your child starts riding that covers:

- ***No helmet, no ride.*** Make wearing a helmet a non-negotiable rule.
- Where and when to ride
- Riding with friends & avoiding distractions such as phones
- Safe charging and storage practices
- Consequences for unsafe riding

Make riding safe a privilege that comes with responsibility.

Download a sample AAP family agreement.

KNOW THE RULES OF THE ROAD

Treat e-bikes and scooters like vehicles: ride in the direction of traffic.

Teach hand signals, stopping at stop signs, and yielding to pedestrians.

4. Stick to Safe Routes

- Know the local laws for where riders can and cannot ride.
- Use bike lanes or sidewalks where allowed.
- Cross streets at crosswalks and obey all traffic signals and signs.
- No sidewalk riding in high-traffic pedestrian areas.

5. Be Seen, Be Safe



- Bright-colored clothes & helmets, reflective gear, & flashing lights help drivers see riders.
- Ride during daylight hours—avoid riding at dusk or night.

6. Wear the Right Gear

- Closed-toe shoes, gloves, & knee/elbow pads add protection.
- Avoid loose clothing or backpacks that could get caught in wheels.

To learn more, please visit: https://www.uvmhealth.org/injuryprevention or https://www.vermonthighwaysafety.org/

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