E-Bike Safety

QUICK SAFETY CHECK

- Appropriate helmet that fits and ensure straps are secure
- Brakes, tires, lights, and battery are checked
- Rider knows how to start, stop, turn, and signal
- Route and local riding rules are understood
- Phone is put away before moving

Follow the manufacturer's charging and travel guidance.

LEGAL REMINDERS

- Police may issue traffic tickets for unlawful behavior.
- No person under 16 years of age may operate a class 3 E-Bike.
- Riders can be legally responsible for crashes.
- Expressways and freeways are prohibited.
- Laws vary by state and community.

HELP KIDS RIDE SAFELY

Did you know?

In 2025 WI reported a 750% increase in injuries from E-bikes and E-scooters

WHY CRASHES HAPPEN

- Riding without a helmet or protective equipment
- Riding on sidewalks
- Not following the rules of the road
- Riding at night or with poor visibility
- Traveling too fast for conditions or skill level
- Being too young or too small to control the device

REMEMBER

Most injuries occur when inexperienced riders travel at high speeds without taking safety precautions.

LEARN MORE

trafficsafetyteam.org/e-bike-safety/

Brake: What Parents Need to Know

brake.org.au/what-parents-need-to-know-about-e-scooters-and-e-bikes/

E-BIKE SAFETY & TRAINING COURSE

SERTAC 2026

E-SCOOTERS & E-BIKES

A FAMILY SAFETY GUIDE

SERTAC
SOUTHEAST REGIONAL TRAUMA ADVISORY COUNCIL

Are they safe for kids?
How can I keep my child safe?

Gear up. Practice first. Ride smart.



Did you know: E-scooters can reach high speeds with little effort. Accidents occur when riders have difficulty braking, balancing, and reacting quickly.

E-SCOOTER SAFETY



- Practice at home before riding on the road.
- **Wear a helmet**, closed-toed shoes, elbow and knee pads.
- Do not text or talk on the phone while riding.
- Never ride under the influence of drugs or alcohol.
- Do not exceed 15 mph.
- Obey traffic signs and signals.
- Allow only one rider at a time.
- Wear bright or reflective clothing

ONE RIDER. ONE HELMET. EVERY RIDE.

Build safe habits before adding speed, traffic, or unfamiliar routes.

E-BIKE SAFETY



- Obey traffic signals and ride with traffic.
- Yield to pedestrians and stay within posted speed limits.
- Practice braking, throttle control, mounting, and dismounting.
- Do not text while riding.
- Make sure the bike is the correct size for the child.

HELMET & PROTECTIVE GEAR

- **Riders under 18 MUST wear a helmet.**
- Most bicycle helmets are rated up to 20 mph.
- If the e-bike exceeds 20 mph, a helmet designed for higher impact speeds is needed.
- Look for an NTA 8776-rated helmet.
- A downhill or motorcycle helmet is needed if speed exceeds 28 mph.
- Add knee and elbow pads.

FIT MATTERS

A properly fitted helmet should sit level and low on the forehead, with straps snug under the chin.

COMMON INJURIES

Head trauma:

Concussions, skull fractures, and bleeding in the brain. WEAR A HELMET!

Facial injuries:

Injuries to the jaw, nose, and teeth, often from going over the handlebars.

Extremity fractures:

Wrist, arm, and leg fractures from falls or high-speed impacts.

Road rash & lacerations:

Skin and soft-tissue injuries from sliding on the ground.

Internal organ injuries:

Injuries to organs such as the liver or spleen after impact with a vehicle or fixed object.

TRAVEL & MAINTENANCE

- Cold-weather charging can harm the battery, so store in a dry temperature-controlled space.
- Remove batteries for travel.
- Read and follow all manufacturer guidance.

BE VISIBLE

Use bright or reflective clothing, lights, and predictable movements. Slow down when visibility or road conditions are poor.