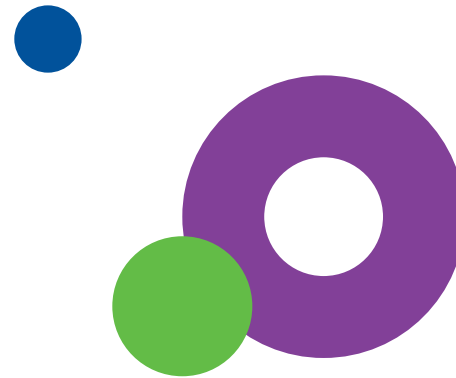


E-bikes and e-scooters can be a fun and efficient way to get around – but **safety matters.**

The Emergency Department at Blank Children's Hospital has seen significant increases in pediatric e-bike and e-scooter trauma injuries.



Blank Children's Hospital
UnityPoint Health

A department of UnityPoint Health - Des Moines - Iowa Methodist Medical Center

unitypoint.org

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E-BIKE & E-SCOOTER SAFETY RESOURCE

What Every Rider & Parent Should Know



Blank Children's Hospital
UnityPoint Health

3 BIGGEST RISKS

1. Speed = Higher Injury Risk

- Faster speeds increase the severity of crashes
- E-bikes and e-scooters can reach 20–28 mph, much faster than traditional bikes and scooters
- The faster you go, the harder you fall

2. Power & Control

- Heavier than standard bikes and scooters
- Harder to stop quickly
- More difficult to control once moving

3. Rider Skill & Knowledge

- No license or safety course required
- Riders must understand traffic laws and safe riding skills

i WHAT PARENTS NEED TO KNOW

E-Bike Classes & Speeds Explained

- Class 1: Pedal-assist only, up to 20 mph
- Class 2: Throttle-powered, up to 20 mph
- Class 3:
 - Must be **16+ years old**
 - Up to 28 mph
 - Requires a speedometer

Devices 750 watts or higher are considered e-motos, not e-bikes, and are for street use only!

PASSENGERS & RESPONSIBILITY

- E-bikes and e-scooters are not designed for passengers
- Riders under 18 are strongly encouraged to wear a helmet



RULES OF THE ROAD: RIDE PREDICTABLY

- Signal your turns
- Stay in the correct lane
- Ride in the direction of traffic

Traffic laws apply to everyone, including e-bikes and e-scooters!

HELMET SAFETY

The biggest tip for safety – always wear a helmet when riding an e-bike or e-scooter!

Look for:

- **MIPS** (Multi-Directional Impact Protection System)
- **NTA-8776 certification** (designed for higher-speed protection)

A proper helmet can significantly reduce the risk of serious head injury.



QUICK SAFETY CHECKLIST

- ✓ Wear a certified helmet
- ✓ Know your state traffic safety laws
- ✓ Ride at safe speeds
- ✓ Avoid carrying passengers
- ✓ Stay alert and predictable
- ✓ Know your e-bike class