

# E-scooter and e-bike safety tip sheet



## E-scooter safety tips

- Wear a helmet.
- Knee and elbow pads can also help prevent injury.
- Check for damage before riding (handlebars, brakes, throttle, lights, tires, etc.).
- Test the brakes before starting to ride.
- Be visible and alert others—use a bell and avoid sudden moves.
- Watch out for obstacles like uneven surfaces or debris.
- Keep both hands on the handlebars at all times.
- Ride slowly and lean back when going over bumps.
- Never ride under the influence of alcohol or drugs.
- Only one rider per scooter.
- Avoid distractions like music or phone calls while riding.
- No stunts—jumps and tricks can cause damage and injury.
- Follow all manufacturer directions, including weight and age limits.
- Park scooters upright and away from traffic or walkways.

Additional logos

## E-bike safety tips

- Wear a properly fitted helmet—reduces head and brain injury risk.
- Helmet laws increase helmet use and prevent injuries.
- Dedicated bike lanes and safer roadway design reduce crash likelihood.
- Lower vehicle speeds reduce crash severity and improve reaction time.
- Safe Routes to School programs help protect children and families.
- Wear a helmet every ride.
- Ride with traffic and obey all signals.
- Use caution in urban, high-speed, and intersection areas.



To watch the CPSC e-scooter PSA, scan **QR code**.

## References

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