

Maimonides
Children's Hospital
Brooklyn's *Only* Pediatric Trauma Center

E-Scooter & E-Bike Safety

E-scooters, e-bikes, and other electric ride-on devices are growing in popularity, but they can lead to serious injuries. These tips are designed to help kids stay safe on NYC streets.

Who should Use Electric Devices?

- **Children under 16 should not ride e-scooters or e-bikes.** These devices travel at high speeds and require quick and complex decision-making, balance, and awareness of traffic
- Younger children are safer riding regular bicycles or kick scooters, which help develop balance, coordination, and road awareness at slower speeds
- If your family chooses to let a child try an electric device:
  - Start with a slow-speed option (under 10 MPH)
  - Only allow riding with close adult supervision
  - Ensure your child has mastered safe riding on a regular bike or scooter first
  - Practice in parking lots or other areas without cars or bikes before riding on the streets

Helmet Fit Test

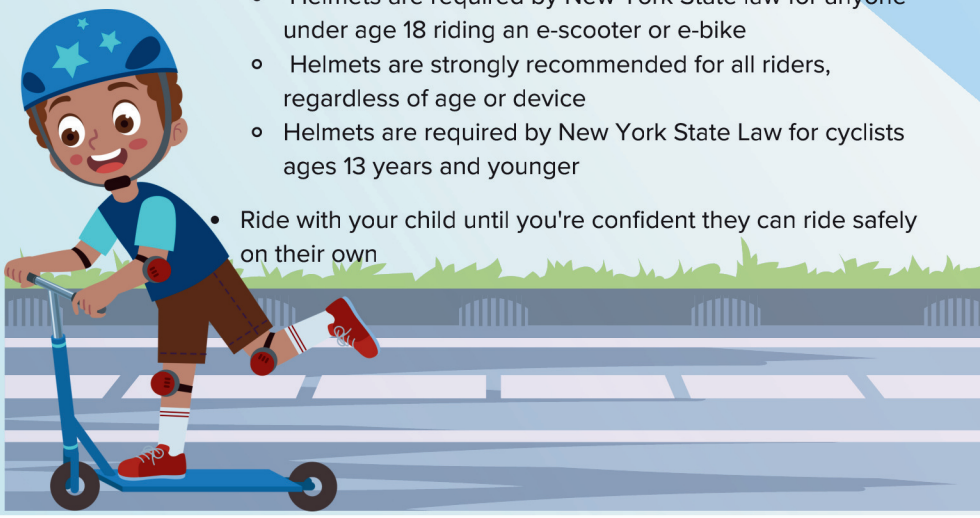
EYES: When children look up, they should see the bottom rim of the helmet

EARS: Straps should form a "V" under children's ears. The straps should be tight, not uncomfortable

MOUTH: Have your children open their mouths as wide as they can. The helmet should be tightened until it is snug

Safety Tips

- Children should know the rules of the road, follow traffic patterns, and use hand signals to turn
  - In NYC, riders must stay off sidewalks and only ride in bike lanes and on streets with speed limits of 30 MPH or less
- Children 12 and younger using kick scooters or regular bicycles should ride on the sidewalk, not in the street
- Riders should wear bright colors and reflective clothing
  - Use headlights, taillights, and reflectors when riding at dusk, dawn, or night
- Teach children the importance of wearing a properly fitted helmet EVERY time they ride
  - Helmets are required by New York State law for anyone under age 18 riding an e-scooter or e-bike
  - Helmets are strongly recommended for all riders, regardless of age or device
  - Helmets are required by New York State Law for cyclists ages 13 years and younger
- Ride with your child until you're confident they can ride safely on their own



Visit nyc.gov/bicycle for local laws and riding guidance, as well as to find out about free helmet fittings and giveaways

For more injury prevention information, email injuryprevention@maimo.org

Maimonides Health

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