

E-BIKE & E-SCOOTER RIDING SAFETY TIPS

ROBYN D. ROBERTSON, STEVE BROWN & CRAIG LYON | JULY 2025

Before you ride

- > **Conduct a pre-ride check.** Before starting your trip ensure the brakes are working properly, the tires are adequately inflated, there is no visible damage, and the battery has enough charge.
- > **Wear protection.** Helmets play an important role in prevention of traumatic brain injuries, which are rare but can occur with e-scooter use. For e-scooters, knee pads, elbow pads, wrist guards, and gloves can add an extra layer of safety, cushioning the blow from falls and scrapes.
- > **Be visible.** Wear bright, reflective clothing, especially if riding at night. Use lights and reflectors to ensure you are seen.
- > **Avoid distractions.** Don't use your mobile phone while riding or be distracted by other means.
- > **Ride sober.** Impairment increases the risk of an incident and injury. Alcohol and drugs impair judgment, balance, and reaction times, making riding unsafe. Consider that an adult riding an e-scooter with a small child passenger in front is very unsafe. If they crash, the child could be projected into whatever the e-scooter collided with. There is also the added risk of the adult impacting with the child. The child ends up assuming the role of an airbag (Rutherford, 2024).
- > **Avoid bad weather.** Wet or icy roads make riding risky, reducing tire grip and making it easier to lose control, skid, and crash.





When you ride

- > **Start slow.** Practice riding in a safe place if you are new to riding and at first avoid high speeds or travelling down steep hills. Make sure you are comfortable operating the throttle, steering, braking, and dismounting.
- > **Observe the path.** While riding, constantly be on the lookout for common roadway and roadside objects. Curbs, manhole covers, storm grates, and light rail or railroad tracks are common fall hazards.
- > **Ride solo.** Riding with a passenger can affect the scooter's balance and control, making incidents more likely.
- > **Ride single file.** If space is restricted, ride single file. Some cities allow riding side by side while in others it may not be permitted.
- > **Watch traffic.** Ride in the direction of traffic, keeping a safe distance from motor vehicles. Avoid riding in a vehicle's blind spot. Avoid riding between large vehicles and the sidewalk, especially when the vehicle is turning.
- > **Obey the rules of the road.** Stop at stop signs and red lights, obey speed limits, yield to pedestrians, and signal turns. Use a bell to alert pedestrians or other road users when passing. Ride in a manner that is predictable to other road users. If you're somewhere new or unfamiliar, check any local traffic rules.
- > **Watch for pedestrians.** Slow down when pedestrians are near and park out of their walking path.
- > **Avoid sidewalks.** Even if there are no official regulations banning e-bikes and e-scooters from sidewalks, always use bike lanes or roads.

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