



E-BIKE SAFETY TIPS

The basics of general bike safety apply to e-bikes too! Always wear a helmet, be predictable, visible and alert; follow the rules of the road, perform an **ABC** quick check before each ride. Riders should have strong **basic** bicycling skills before transitioning to an e-bike. E-bikes are heavier and faster than regular bikes, and require additional safety considerations. See below for a few key tips.

Choose the Right E-Bike & Helmet

Choose a bike and helmet that matches the rider's age and experience.

- Understand if your bike is Class 1, 2, or 3.
- Faster isn't always better, consider your distance and cargo/passenger needs.
- Faster bikes need better head protection, consider a helmet rated for e-bikes.

Manage Speed & Stopping Distance

E-bikes are faster and heavier than traditional bikes, which can mean longer stopping distances and less time to react.

- Start with lower assist settings and increase as skills develop.
- Choose the lowest level of assistance needed for the ride.
- Brake earlier and leave extra space.

Passengers & Cargo Change Handling

Extra weight affects balance, turning, and braking. Only carry passengers or cargo if your bike is designed for it, and practice riding with added weight before heading into traffic.

- Follow passenger and cargo weight limits.
- All passengers should wear helmets
- Secure loads before every ride.
- Expect longer braking distances.

Charge & Store Batteries Safely

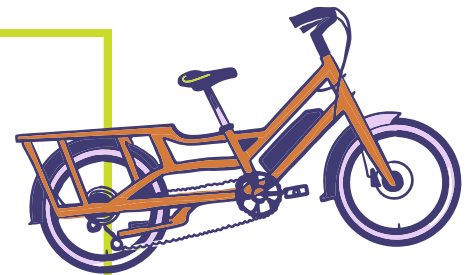
E-bike batteries require special care. Charge in a cool, dry location, and never charge unattended or overnight.

- Use only the original charger designed for your bike.
- Check batteries for cracks or damage regularly.
- Unplug when fully charged.

Know California E-Bike Laws

Know where your e-bike can be ridden and how e-bikes differ from higher-speed e-motos.

- E-bikes are regulated like bicycles
- E-bikes OK to use on bikeways
- Class 3 e-bikes are for riders 16 years and up and require a helmet.



Explore workshops, resources, and safety training opportunities at LetsModo.org.

