INJURY PREVENTION CENTRE

E-SCOOTERS

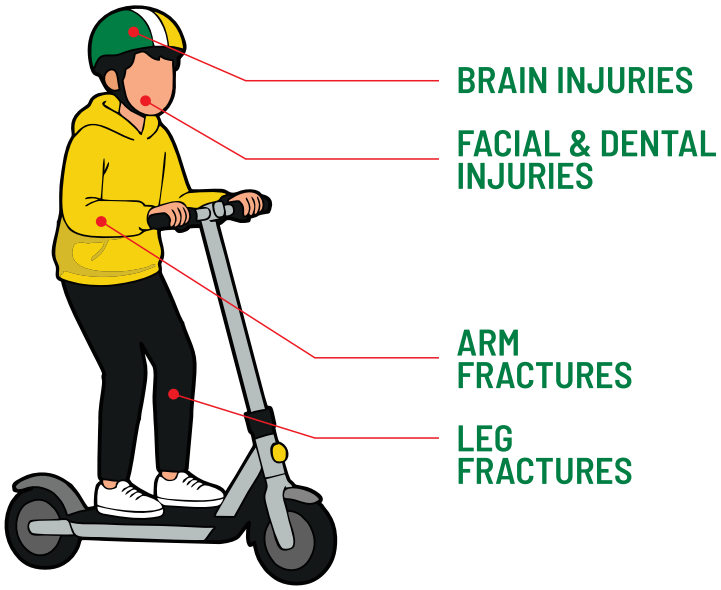
KEEP RIDING INJURY-FREE

Always **wear a helmet** and never ride when impaired by alcohol or drugs. **Ride sober!**

E-scooters are a convenient, fun and inexpensive way to get around our communities. More and more people are relying on this form of transportation to get to work, school, appointments and run errands. Unfortunately with this increased use, we have seen a rise in injuries showing up in emergency departments.

Riders have been treated for multiple injuries including broken bones and brain injuries like concussions.[1] Often they required additional treatments like surgery or follow-ups at other clinics.[1] Studies of e-scooter injuries in other communities show that up to 1 in 3 injured riders had head injuries.[2]

COMMON E-SCOOTER INJURIES



Currently in Alberta, only rental e-scooters are allowed to operate in communities that have received permission from the provincial government. **Private e-scooters are not permitted on public roads.** This includes sidewalks and ditches next to public roads and places where the public is permitted to park and / or travel in a motor vehicle, for example, shopping mall parking lots.[3]

The following tips can help prevent injuries and keep you rolling:

- **People under 16 years of age should not operate e-scooters. If you are not old enough to have a driver's license, you shouldn't be riding an e-scooter.**[4]
- **Wear a helmet.** Helmets provide 63 to 88% reduction in the risk of head, brain, and severe brain injury for all ages of bicyclists.[5]
- **Be visible.** Ensure your e-scooter has lights and reflectors. Wear bright, reflective clothing particularly at night.[6]
- **Slow down** when approaching others on the path. Use a bell or horn to let them know you are there. Make sure others know you are coming.
- **Ride sober.** Drugs and alcohol impair your judgement, balance and response time. Dual use of drugs and alcohol is particularly dangerous.
- **Ride solo.** Doubling up makes the e-scooter less stable and reduces braking effectiveness.[2] In the event of a crash, the person in front may function like an airbag.[7]
- **Know where to ride.** Avoid sidewalks and areas with lots of pedestrian traffic. When you can, choose bike lanes and shared-use pathways.
- **Follow the rules** of the road. Know the rules that are in place in your community for where you can and can not ride e-scooters.
- **Park your rental** e-scooter in designated areas or out of the way of other traffic and pedestrians.

Which Helmet?

There is no research or testing available yet to show which helmets are safest for e-scooter riders. The U.S. Consumer Product Safety Commission recommends:

- When riding near motor vehicles or going 32 km/h or faster, wear a certified moped or motorcycle helmet.
- When riding away from traffic or going less than 32 km/h, wear a certified bicycle helmet.

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For more information visit injurypreventioncentre.ca/injury-topics/escooters/
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