

## **The Rise of Micromobility: Staying Safe on E-Scooters, E-Bikes, and Other Personal Transportation Devices**

Summer is the perfect time to get outdoors, and many people are choosing micromobility devices such as electric scooters, electric bicycles, hoverboards, skateboards, and other personal transportation options to travel, commute, and recreate. While these devices offer convenience and fun, they also present unique injury risks that riders should understand before heading out.

As micromobility continues to grow in popularity, emergency departments across the country have seen an increase in injuries related to falls, collisions, and rider inexperience. Fortunately, many of these injuries are preventable.

### **What Is Micromobility?**

Micromobility refers to small, lightweight transportation devices used for short-distance travel. Common examples include electric scooters (e-scooters), electric bicycles (e-bikes), hoverboards, electric skateboards, and more.

What do they all have in common? Many of these devices can reach speeds much faster than traditional bicycles, increasing the risk of serious injury when crashes occur.

### **Protect Your Head**

Head injuries are among the most serious injuries associated with micromobility crashes.

Whether riding an e-scooter, e-bike, etc., always wear a properly fitted and approved helmet. The correct helmet can significantly reduce the risk of traumatic brain injury and other serious head injuries. In some instances, this could mean something a little more protective than your average bike helmet.

Additional protective equipment may include wrist guards, knee pads, elbow pads, and closed-toe shoes.

### **Ride Within Your Skill Level**

Many injuries occur when riders attempt maneuvers or speeds beyond their experience level.

Before riding:

- Learn how your device operates.
- Practice in a low-traffic area.

- Understand braking and turning capabilities.
- Become familiar with local laws and regulations.

New riders should gradually build confidence and actively avoid using busy streets or crowded paths.

### **Stay Alert and Avoid Distractions**

Operating any mobility device requires attention.

Riders should:

- Keep both hands available for steering when possible.
- Avoid texting or using a phone while riding.
- Watch for potholes, uneven pavement, and debris.
- Be aware of pedestrians, vehicles, and other riders.

Even a small obstacle can cause a rider to lose control and fall.

### **Make Yourself Visible**

Many crashes occur because motorists do not see riders. Remember that you are not as big or as visible as a car.

Increase visibility by:

- Wearing bright or reflective clothing.
- Using front and rear lights when riding at dawn, dusk, or nighttime.
- Following traffic signals and signs.
- Making eye contact with drivers when possible.

Visibility is especially important during summer evenings when many people are traveling and spending time outdoors.

### **Parents Play an Important Role**

Children and teens are increasingly using e-bikes and e-scooters. Parents should establish clear safety expectations and ensure young riders understand traffic rules, speed limitations, and the importance of protective equipment.

Parents should also verify that devices are age-appropriate and used according to manufacturer recommendations.

## **Enjoy the Ride Safely**

Micromobility offers a fun and efficient way to travel, exercise, and enjoy the summer months. By wearing protective gear, staying alert, and riding responsibly, Pennsylvanians can reduce their risk of injury and make every ride a safer one.

Whether you're commuting to work, exploring a local trail, or simply enjoying a summer afternoon, safety should always be part of the journey.