

## Don't let children under 16 ride electric scooters

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Electric scooters are a fun way to get around. Some cities even have e-scooters available to rent. But before you let your children ride on a scooter, make sure they are old enough and know how to use it safely.

A study from the Centers for Disease Control and Prevention showed that there are about 14 injuries per 100,000 trips on motorized scooters. The most common injuries were cuts, fractures and head injuries. Some of these injuries were severe.

Some e-scooters can travel up to 15 mph, posing a safety risk for inexperienced riders.

The American Academy of Pediatrics recommends that children under 16 who are too young to have a driver's license should not operate or ride on motorized or e-scooters.

Following are safety tips for those over age 16 who ride e-scooters:

- Wear a helmet to prevent or reduce the severity of injuries.
- Wear closed-toe shoes.
- Wear protective gear like elbow and kneepads, and reflective gear at night.
- Start slowly to get used to a particular scooter.
- Do not text while riding and use both hands to operate the scooter.
- Avoid wearing earbuds to be more aware of the surroundings.
- Do not ride e-scooters on sidewalks, beach paths or in parks as it may put pedestrians at risk of injury as well as riders.

For more information on e-scooter safety, visit <https://bit.ly/3tc5U5l>.



