

# YOUNG PEOPLE

# E-BIKES & FAT BIKES

**FAST HEAVY QUIET**  
E-bikes can turn  
small mistakes *into*  
**serious injuries!**



[Find out more](#)



## MAIN DANGERS FOR YOUNG PEOPLE ON E-BIKES AND FAT BIKES

Too fast  
Too heavy



E-bikes accelerate quickly & are much heavier than normal bikes

Not enough protection



Many kids ride without a helmet or high-vis clothing

Illegal or over-powered



Many "fat bikes" are illegal.  
Please Check.

Risky places & behaviour



Busy roads & shared paths.  
Using phones & earbuds

Poor maintenance



Worn brakes, flat tyres & unsafe charging make crashes & fires more likely

## E-BIKE COMMITMENTS



- ✓ E-bike is legal
- ✓ Agreed rules to ride
- ✓ Helmets to be worn
- ✓ Correct maintenance

## TIPS

### Choose a legal e-bike

Buy a 250W, EN 15194 compliant e-bike.

### Set clear riding rules

Decide safe places, times and conditions to ride and what's off-limits.

### Make wearing helmets non-negotiable

An approved, correctly fitted helmet every ride, + lights & bright clothing.



[Find out more](#)

### Charge and maintain safely

Regularly check brakes and tyres; charge in an open area with the correct charger, never unsupervised overnight.

**youthsafe**



Youthsafe partners to prevent unintentional injury of young people.

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