E-BIKE HELMETS:

Riverside University HEALTH SYSTEM Public Health

WHICH IS CORRECT FOR YOUR BIKE?

Not all helmets offer the same kind of security for e-bike and e-scooter riders. As riding speeds increase, so does the need for additional impact protection.

Common helmet standards and their ratings:

UP TO 20 MPH



CPSC (bicycle standard)

These helmets meet federal safety standards for use at speeds **up to 20 mph.**

UP TO 28 MPH



NTA-8776 (e-bike standard)

This specialized safety standard is for higher-speed e-bikes and e-scooters **up to 28 mph.**

ABOVE 28 MPH



DOT (motorcycle helmet)

This standard applies to speeds **above 28 mph**, with stronger impact protection and better coverage of the face, back, and sides of the head.

Source: AAA E-Ride Safety Guide

Need to figure out which type of e-bike you have?

Learn more about e-bike classifications, California laws and helmets and safety gear at **bit.ly/RUHS-ebikes.**