

E-Bike Classifications

For a detailed list of helmet types and standards, please visit the Consumer Products Safety Commission website by scanning the QR code at right.



CLASS 1	Pedal-assist with a maximum speed of 20 mph.	Helmet Type: Bicycle Helmet Applicable Standards: Snell B-90, B-95, N-94 CPSC 16 CFR 1203
	Assistance by motor only when a rider is pedaling.	
	Permitted anywhere regular bikes are, unless a sign prohibits them. Be aware of signage or other information about local rules on where to ride.	
	No age restrictions. Under the age of 18 must wear a helmet.	
CLASS 2	Throttle-assist with a maximum speed of 20 mph.	Helmet Type: Bicycle Helmet Applicable Standards: Snell B-90, B-95, N-94 CPSC 16 CFR 1203
	Assistance by a throttle that may be used to propel the bike without pedaling.	
	Permitted anywhere regular bikes are unless a sign prohibits them. Be aware of signage or other information about local rules on where to ride.	
	No age restrictions. Under the age of 18 must wear a helmet.	
CLASS 3	Pedal-assist with a maximum speed of 28 mph.	Helmet Type: DOT Helmet Age Restriction
	Considered high-speed, the fastest electric bikes allowed by law.	
	Pedal-assist only (California Law does not allow a throttle in Class 3 e-bikes)	
	Equipped with motor and speedometer that provides assistance when a rider is pedaling.	
	Permitted in bike lanes or separated bike paths next to roads/highways. Not allowed on trails. Pathway restrictions apply so please check signage and local laws.	
Must be at least 16 years old to operate. Riders and passengers of all ages on this bike must wear a helmet.		

If you want to learn more about e-bikes, please visit chp.ca.gov and take the E-Bike Safety Training.

Staying safe on your e-bike

What you need to know about electric bikes and how a helmet can protect your brain.



**SAFE
KIDS**
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COUNTY

Cottage
Trauma Services

E-bikes are more popular than ever, and injuries are on the rise. However, there are things you can do to make sure you don't get hurt. Here's what you need to know about electric bikes, your brain, and why properly wearing a helmet is critical for brain injury prevention.

Did you know?

- Your brain is soft like Jello or tofu. It controls and coordinates everything your body does.
- Your skull protects your brain, it is hard but thin — only about 1/8 inch thick. It is made of strong bone, but bones can break.
- A helmet adds extra protection around your skull because it is designed to absorb the impact from a fall or collision.
- By wearing an appropriate and properly fitted helmet, you can reduce the risk of severe head injury.

References

1. California Highway Patrol | chp.ca.gov
2. Safe Kids Worldwide | safekids.org
3. Consumer Product Safety Commission | cpsc.gov
4. CalBike | calbike.org
5. American Automobile Association | ace.aaa.com
6. The American College of Surgeons | facs.org

Properly fitting your helmet

A helmet should fit on top of your head in a level position and should not rock forward, backward or side to side. Always buckle your helmet and adjust the straps for a snug fit. Safe Kids Worldwide recommends taking the Helmet Fit Test at safekids.org.



EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.



EARS check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



MOUTH check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.

Tips on how to ride safely

- Consider a full-faced helmet to protect your entire head.
- Follow traffic laws and local ordinances. See Santa Barbara ordinances by scanning the QR code below.



- Be seen, be bright! Wear bright clothing or reflective gear and use bike lights — especially when it's dark.
- Yield for pedestrians. Avoid riding on sidewalks and in crosswalks.
- Don't ride distracted. Pay attention to your surroundings and remove earbuds.
- Have regular e-bike maintenance; make sure your bike is in good condition and ensure your brakes work properly.
- Watch your speed. The higher the speed, the greater chance for severe injury. E-bikes are heavier and take longer to stop than traditional pedal bikes.
- Ride in safe areas, use bike paths or lanes when available.
- Use hand signals and follow the rules of the road.
- Parents, it's important to research the e-bike classification prior to purchase, and to model safe, responsible riding behavior.