

FOR IMMEDIATE RELEASE

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E-Bike Injuries Quadruple in Riverside County, Residents Urged to Adopt Safe Practices

RIVERSIDE, CA (July 9, 2026) – School is out, summer is here and people of all ages are enjoying the outdoors on e-bikes. Noting an alarming increase in injuries among youth while riding electric bicycles – some serious and even fatal – Riverside University Health System is urging the public to follow safety guidelines.

Data from across Riverside County show a spike in [emergency room visits](#) for e-bike related accidents, from 224 in 2023 and 494 in 2024 to 958 in 2025. So far this year, at least 416 incidents have been reported in the county.

An e-bike was involved in at least one fatality in 2024 and two fatalities in 2025, according to Riverside County Coroner’s death certificates.

“E-bikes move faster and are much more powerful than traditional bicycles, so the injuries can be much more serious,” said Dr. Michael Mesisca, Department Chair of Emergency Medicine for RUHS – Medical Center. “Blunt head trauma, rib fractures, collapsed lungs and lacerations are more in line with what we’re seeing in the Emergency Department, particularly among teens and young adults. Those injuries can have dire, sometimes permanent impacts.”

The age groups most likely to be involved in e-bike accidents range from 10 to 24 years.

Emergency department visits among 10- to 14-year-olds in Riverside County have more than doubled, from 155 in 2024 to 339 in 2025; the number of emergency visits among 15- to 24-year-olds during the same period have also more than doubled, from 122 to 248.

It's likely that e-bike incidents are being undercounted as hospitals work to accurately record injuries given the emergence of various types and speeds of motorized bicycles.

"Unfortunately, too many youngsters riding around our communities on e-bikes are making dangerous choices by driving too fast, not wearing a properly fitted helmet or not following the rules of the road. It's time for all of us to slow down and commit to safety guidelines that will save lives," said Second District Supervisor and Board Chairwoman Karen Spiegel.

E-bike users can follow these tips to increase safety:

- Wear bright-colored or reflective clothing, along with elbow and knee pads.
- Follow traffic signals, stop signs and right-of-way rules.
- Maintain a measured rate of speed.
- Take part in [training courses](#).
- Wear a [certified, properly fastened helmet](#).

When it comes to young riders, parents should familiarize themselves with e-bikes and consider the protective equipment and training a child or teen needs to ride safely, Mesisca said.

Visit www.ruhealth.org for local trainings, information on how to [talk to your kids about e-bike practices](#) and [download a free safety pledge](#) to share with your child.

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About Riverside University Health System

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public and Behavioral Health. RUHS is Riverside County's safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit ruhealth.org to learn more.