

## Press Release

How to take children with you on your bike



### **Keeping little passengers safe**

- ▶ Child seat, trailer, cargo bike – what needs to be considered?
- ▶ Always secure children with a helmet and seat belt
- ▶ Try riding loaded bike in a safe area before venturing into traffic

**More and more people are getting on their bikes, and more and more of them are also transporting their little ones, whether it's on the way to nursery, to go shopping or on a weekend cycling trip. There are a few things to bear in mind to ensure that little passengers reach their destination safely. Here are the most important tips from the DEKRA accident experts.**

“How safely children travel in a child seat, trailer or cargo bike depends not only on the quality of the technology and the way they are secured. The behavior, ability and experience of the person riding the bike also play an important role,” says Luis Ancona, accident researcher at DEKRA.

#### **More weight, longer braking distance**

Take a child seat, for example: If a child sits on a special seat on the luggage rack, the bike becomes heavier, which increases the braking distance. In addition, the center of gravity moves upwards and backwards – which is unfavorable for riding stability. Riders usually have to learn to maintain control even in difficult riding situations – the same goes for riding with a trailer behind you and even more so with a significantly heavier, longer cargo bike.

“For inexperienced riders in particular, it is advisable to do a few test laps in a traffic-free area. This allows them to familiarize themselves with how the loaded bike behaves in typical riding situations before they venture into real traffic with their child on board,” recommends Ancona. In traffic, good control of the bike should be a given so that you can fully concentrate on the traffic situation at hand.

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## **Always wear a helmet and seatbelt**

Whether you use a child seat, a trailer, or a cargo bike – in all cases, it is important to always properly secure little passengers. To prevent the child from landing roughly on the road or bumping into the hard transport box in the event of a braking maneuver or accident, the seat belt must be worn for every journey, no matter how short. In addition, children should always wear a helmet so that they are better protected if the bike falls over or in the event of a fall or accident. Braking tests carried out by DEKRA accident research show impressively why a seatbelt and helmet are also essential when transporting a child in a cargo bike box.

## **High-quality equipment reduces risks**

Another important safety element is the quality of the technology used. For child seats, for example, the DIN EN 14344 standard provides an indication of the quality. When making a purchase, it is advisable to carry out a meaningful test ride.

The child seat for use on the bike should not only have a belt system, but also a height-adjustable spoke guard to prevent the child's feet from getting caught in the spokes. A seat with a headrest is recommended, as this reduces the risk of head injuries in the event of an accident. The seat must be fit for the child's weight and firmly attached to the bike in accordance with the manufacturer's instructions so that it cannot come loose during the ride.

## **Special characteristics of trailers and cargo bikes**

Bicycle trailers offer more space, even for two children. Here too, the little passengers must always be secured with belts, helmets and spoke guards. A sturdy frame and roll bar as well as a high-quality coupling are recommended. A wide track and a low center of gravity reduce the risk of tipping over. "Due to the width of the trailer, as with two-lane cargo bikes, caution is advised on narrow cycle paths with oncoming traffic or bollards. With both, a high, conspicuous pennant as a warning signal for other road users is essential," says the accident researcher. Cushioning increases riding comfort and reduces the strain on the child. It is also important to provide protection against flying stones, sun, and rain.

For the significantly heavier cargo bikes, a stable frame construction, roll bars, a robust transport box and a low center of gravity are important. A belt system, flexible weather protection, spoke protection and mudguards should also be on board. Effective brakes and safe steering are important in order to be able to safely handle

the increased weight. A test ride with a loaded bike is recommended before buying. Special riding training can also be useful, especially for beginners.

### **Keep your bike in good shape**

“Riding safely with children also requires that the bike, trailer and child seat are in good condition,” emphasizes accident researcher Ancona. He recommends checking the technical condition of the bike more often than usual. “In addition to good lighting, particular attention should be paid to effective brakes, which wear out more quickly due to the increased weight.” In addition to checking the child seat's attachment to the bike, you should also check whether it still fits the child's current weight.

### **About DEKRA**

*For 100 years, DEKRA has been a trusted name in safety. Founded in 1925 with the original goal of improving road safety through vehicle inspections, DEKRA has grown to become the world's largest independent, non-listed expert organization in the field of testing, inspection, and certification. Today, as a global partner, the company supports its customers with comprehensive services and solutions to drive safety and sustainability forward—fully aligned with DEKRA's anniversary motto, "Securing the Future." In 2024, DEKRA is expected to generate revenue of 4.3 billion euros. Around 48,000 employees are providing qualified and independent expert services in approximately 60 countries across five continents. DEKRA holds a Platinum rating from EcoVadis, placing it among the top 1% of the world's most sustainable companies.*