

# It Only Takes One Ride

Narrator: It only takes one... ride.

[Wind chime and TV sounds]

[Pedaling sounds]

Yo, watch out!

[Car horn]

[Crashing sound]

Cyclist: Ahh!!!!

Oh.

[Heavy breathing]

Friends: Are you good? Are you okay? Go call the ambulance... we'll be here. This looks bad.

Cyclist: What did I do?

Friend: Just stay with me!

911 Caller: Hello... yeah, it's an emergency.

Narrator: E-bikes can reach speeds up to 28 mph. At that speed, crashes can cause serious and life-threatening consequences.

Helmets reduce the risk of serious head injury by about 60%.

[Heart monitor sound] Protect yourself. Wear a helmet every time you ride an e-bike. It only takes one ride.