



Rideshare Safety Checklist

Even though millions of people use rideshare platforms like Uber and Lyft as an alternative to public transportation or taxis, these platforms aren't without safety risks—in the U.S., thousands of people have reported experiencing sexual assault or harassment while ridesharing. Because of this, it's important to know the safety risks associated with ridesharing, the steps you can take to protect yourself, and your rights and options if something goes wrong.

Potential Rideshare Safety Risks

Using rideshare platforms may be convenient, but it comes with risks for both passengers and drivers — especially women.

Risks for Passengers
Having someone other than the driver or car listed in the app pick you up
Lack of comprehensive background checks for drivers
Drivers who have been reported for misconduct but not terminated

Risks for Drivers
Unpredictable or intoxicated passengers, especially late at night
Low-rated passengers causing dangerous situations
Passengers who escalate conversation to verbal sexual harassment

Rideshare Safety Checklist for Passengers

- ☐ Verify the specifics of the vehicle and the driver
- ☐ Confirm that you are the passenger
- ☐ Travel with a friend or use the ridepooling option
- ☐ Roll down your window enough to get your arm out
- ☐ Video or audio record the ride

Rideshare Safety Checklist for Drivers

- ☐ Plan ahead for dangerous situations
- ☐ Install a camera in your vehicle
- ☐ Don't pick up a passenger if you are suspicious
- ☐ Drive in safer areas and screen rideshare destinations



Contact Helping Survivors to Learn More

If you have questions about your rights and options following any form of rideshare abuse, assault, or harassment, reach out to Helping Survivors at helpingsurvivors.org/get-legal-help.