



# ALL TERRAIN VEHICLE SAFETY TIPS

Like other activities involving high speeds and heavy machinery, riding an ATV can be risky. To help stay safe, follow common sense safety tips. Take knowledge to the extreme and learn more about these important tips for safer riding.

- Take a “hands-on” safety course. Formal training teaches drivers how to control ATVs in typical situations. Drivers with formal, hands-on ATV training have a lower injury risk than drivers with no formal training.
- Always wear protective gear – especially a helmet – when riding ATVs. Many ATV injuries are head injuries. Wearing a helmet may reduce the severity of these injuries. Select a motorcycle or other motorized sports helmet and make sure the helmet is certified by the U.S. Department of Transportation (DOT) and/or the Snell Memorial Foundation. In addition, wear over-the-ankle boots, goggles, gloves, long pants, and a long-sleeved shirt to protect against cuts, abrasions, and other injuries from rocks, trees, and other debris.
- Do not drive an ATV with a passenger or ride as a passenger. The majority of ATVs are designed to carry only one person. ATVs are designed for interactive riding – drivers must be able to shift their weight freely in all directions, depending on the situation and terrain. Interactive riding is critical to maintaining safe control of an ATV especially on varying terrain. Passengers can make it difficult for drivers to control the ATV.
- Do not drive an ATV on paved roads. ATVs are difficult to control on paved roads. Collisions with cars and other vehicles also can be deadly. Many fatalities involving ATVs occur on paved roads.
- Do not allow children to drive or ride an ATV. Children are involved in about one-third of all ATV-related deaths and hospital emergency room injuries. Most of these deaths and injuries occur when a child is driving or riding on an adult ATV.
- Do not drive an ATV under the influence of drugs or alcohol. Alcohol and drugs impair reaction time and judgment, two essential skills for safe ATV use.

