

Injury Prevention Checklist

- ◇ Take a safety course before operating an ATV
- ◇ Wear approved helmets, goggles and protective clothing (long pants and shirts)
- ◇ Do not carry passengers on a single-rider vehicle
- ◇ Avoid using ATVs on paved roads or at night
- ◇ Never use a 3-wheeler; they are unsafe and are no longer manufactured
- ◇ Operate an engine that is appropriate according to ATV Safety Recommendations
- ◇ Supervise riders under age 14 years; ATVs are not toys.
- ◇ Wear non-skid, closed toe shoes
- ◇ Always tell someone where you are going and when you will return
- ◇ Ride an ATV that's right for your age
- ◇ Ride only on designated trails and at a safe speed
- ◇ Never operate under the influence of drugs or alcohol

Deep East Texas Regional Advisory Council

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(936) 639-0600
www.detrac.org

If you purchase a new ATV, you may be eligible for free training, and qualify for a cash incentive upon completion of the course.

To enroll, contact the ATV Enrollment Express at:

(800) 887-2887

For more information about ATV Safety visit:

www.atvsafety.org



Area Health Education Center

(936) 468-6901

www.pwahec.org

Use Knowledge To
The Extreme
Be ATV Educated

Safety is
Your Key!



DETRAC

Deep East Texas Regional
Advisory Council
Trauma Service Area-H

The All-Terrain Vehicle (ATV)

Knowing all you can about your ATV and the places you can ride, is good preparation for safe and enjoyable riding.

So why do accidents happen?

- No helmet use
- Lack of judgment
- ATV too big for their size/ age
- Lack of adequate strength and coordination
- Carrying one or more passengers

To stay safe and enjoy riding, use the injury prevention checklist!

How to Ride ATVs:

Riding UPHILL– Your body weight should be shifted forward on the seat and a slow constant speed should be maintained.

Riding DOWNHILL– Your body weight should be shifted towards the rear of the seat and a slow constant speed should be maintained.

When TURNING– Look in the direction of the turn. Move your body weight forward and to the inside of the turn.

Benefits of ATV Training:

- Course fee paid by ATV manufacturer with purchase of new ATV
- Certificate awarded to operate ATV on public property
- Insurance discounts
- Manufacturer prolongs warranty

ATVs are NOT Toys!

They are **EXTREMELY** hazardous and life-threatening!

- More than 1,000 people die annually in accidents associated with ATVs.
- Every month thousands of people are treated in hospital emergency rooms because of injuries on ATVs.
- The most common injuries associated with ATV crashes are to the head, face, and spine.
- A collision or rollover can occur quickly, if you fail to take proper precautions.

*Information provided by the National Ag Safety Database: ATV Safety

SAFETY IS YOUR KEY!