ATV/4-WHEELER SAFETY TIPS

BY: Melissa Jeremiah, RN Director of Hoosier Uplands Home Health and Hospice

With Autumn and cooler weather fast approaching one activity that will be picking up is, getting together with a group of friends and, going out for a ride on your ATV. Hopefully, after reading these safety tips, everyone will have a safe ride.

ATV Safety:

- #1- Before riding an ATV, if you are new to this form of recreation take a rider training course. Most ATV manufacturers offer free hands-on training to those who have purchased a new ATV.
- #2- Do not ride alone. Have someone with you so that if something goes wrong there is someone who will be able to call for help. Also let someone besides the people who will be with you know where approximately you will be going and an approximate time you expect to return.
- #3- Carry a first aid kit on your ATV at all times, in the event of an emergency.
- #4- Discuss safety with your children before allowing them to ride with you on a trail.
- **#5-** Never drive an ATV when under the influence of alcohol or drugs.
- #6- Read all the directions and safety instructions that came with your ATV and follow them.
- **#7-** Never ride on paved surfaces.
- **#8-** Wear the right safety gear, including a helmet.
- #9- Wear clothing and shoes that will adequately protect you from objects that you may encounter such as brush.
- #10- Use common sense when riding. This includes riding at a speed appropriate for the terrain that you are riding in.
- #11- Have prior approval of the landowner before riding on someone elses land.
- #12- Learn about the area you are riding in. Be on the lookout for downed power lines, fences, low lying branches and other hazards.
- #13- Stay on the designated trails when you are riding.
- #14- Keep your ATV's quiet to avoid stressing wildlife and upsetting landowners.
- #15- Approach wildlife and livestock on a trail slowly. If you startle them they may run directly into your path. Give them time to react and plenty of room.
- #16- If you inadvertently stumble onto someones land that you do not have permission to be on, remove your helmet, before speaking to the landowner. Wearing the helmet makes you appear to be intimidating and unfriendly. Be honest with the landowner about how you came to be on his land.

Information for this article was obtained from the ATV Safety Institute. The ATV Safety Institute can be found at www.atvsafety.org or you may call them at 1-800-887-2887.