

Who should ride, what to wear and other tips to keep your family safe

Whether your family uses all terrain vehicles (ATVs) on the farm or for recreation, make sure everyone rides safely with these important tips.

- **Follow age guidelines.** ATVs pose an increased risk of injury and death for young children, whether riding or driving. Therefore, the American Academy of Pediatrics and Safe Kids Worldwide recommend no child under age 16 operate an ATV. The Consumer Products Safety Commission recommends no one under the age of 6 operate or ride on an ATV, and children age 16 or younger should not drive an ATV over 90 cc.
- **No passengers, please.** ATVs are designed for only one rider – the operator. A passenger can impair the driver's ability to shift weight to steer and control the ATV, which can be hazardous.
- **Use off-road only.** ATVs should not be used on public roads. Driving on or crossing a public road often causes collisions between ATVs and other vehicles. Ride only on designated trails at a safe speed. When you near a road, use extra caution and yield the right of way to oncoming traffic.
- **Drive sober.** Never ride under the influence of alcohol or other drugs.
- **Get training.** A hands-on training course can improve any driver's skills.
- **Wear the proper gear.**

Mercy Injury Prevention Center
1570 Battlefield, Suite 110
Springfield, MO 65807
417-820-7233

mercy.net/injuryprevention

Check us out on Facebook



Mercy is a
proud leader of



**MERCY
CHILDREN'S
HOSPITAL**
Springfield



**MERCY
CHILDREN'S
HOSPITAL**
Springfield



ATV Safety



A hands-on training course can improve any driver's skills.

**Recreational/
competitive riders
should always
use the following
equipment**

- **Riding Jersey:** Choose a cotton or synthetic jersey to protect against abrasion, sunburn, windburn, and hypothermia. Some include light elbow pads. Bright colors increase your visibility.
- **Elbow Guards:** Slip-on elbow guards may be worn over or under the riding jersey. Make sure they fit properly without restricting movement. They should be comfortable.

- **Gloves:** Specially designed off-road motorcycle or ATV gloves protect against injury from flying debris and hazards like branches and bushes. They also provide a more secure grip on the handlebars.
- **Helmet:** If designed for ATV use, a helmet can prevent serious head injuries. This is the most important piece of protective gear. All riders should wear a DOT-approved motorcycle helmet. Full-face coverage is recommended. Helmets used for bicycling, skateboarding and rollerblading should not be used on ATVs because they lack face protection and the ability to absorb energy on impact. Correct size is important.
- **Eye Protection:** A face shield may be part of the helmet. If not, wear an ANSI-approved pair of goggles or glasses with hard-coated polycarbonate lenses. This will protect your eyes from rocks, twigs, branches, flying dirt, insects, or water that can damage your eyes or cause you to lose control.
- **Riding Pants, Hip Pads, Knee Pads:** Wear special riding pants made of leather, denim or synthetic materials. Hip pads and knee pads may be built in or available separately.
- **Riding Boots:** Wear special motocross boots made of thick leather with steel reinforcements. Motocross boots are the best protection against foot and ankle injuries.



we connect to kids