



ATV

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ⊙ Not all ATVs handle the same way. For example, most have separate front and rear brake controls, but others have linked brakes operated by a single control.
- ⊙ Learn the recommended stopping techniques for your machine.
- ⊙ Never operate an ATV or ride as a passenger without a high-quality motorcycle helmet, eye protection, boots, gloves, long pants, and a long-sleeved shirt or jacket.
- ⊙ Gloves protect your hands from cold and injury. Off-highway-style gloves have padded knuckles to help prevent bruising.
- ⊙ Wear a pair of strong, over-the-ankle boots with low heels to help keep your feet from slipping off the footrests.
- ⊙ A long-sleeved shirt or jersey and long pants are minimum requirements for rider protection. Kneepads and chest/shoulder protectors are even better.
- ⊙ A face shield or goggles will protect you from flying debris and low-hanging branches. They should be made of a hard-coated polycarbonate, and kept fastened securely.
- ⊙ Practice riding on a large, flat, open area, free of obstacles.
- ⊙ To keep your balance while riding, keep both hands on the handlebars and both feet on the footrests.
- ⊙ Have a plan before you ride. Make sure someone knows where you're going to be riding and when you plan to be back.
- ⊙ Ride with at least one friend, and keep track of each other.
- ⊙ Know the laws that govern how and where you can ride. Dealers and ATV clubs are a good source of information about local laws.
- ⊙ Don't try to blaze new trails or create shortcuts.
- ⊙ Stay out of designated wilderness areas. They are closed to all vehicles, even bicycles. Know where your boundaries are.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx



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