

Stay Safe on ATVs: Protecting Your Child from Injuries

This leaflet will provide you with information on safety when using All-Terrain Vehicles.



What are All-Terrain Vehicles (ATVs)?

ATVs, or All-Terrain Vehicles, are four-wheeled, motorized vehicles used for off-road adventures.

Why ATV Safety Matters?

ATVs (All-Terrain Vehicles) are fun, but they can be dangerous for children if safety rules aren't followed.

Why are ATV Injuries a Concern?

Children are at higher risk because they:

- Have limited physical strength and coordination
- Don't have experience in controlling vehicles/ATVs
- May not use safety gear

What are the Common ATV Injuries?

- Head injuries (even with helmets)
- Broken bones and joint dislocations
- Abdominal(stomach) and chest injuries
- Cuts, scrapes, and burns

Who Faces the Highest Risk?

- Children under 16 years of age riding adult-sized ATVs
- Riders without helmets or protective gear
- More than one rider on an ATV that is made for one person

How Can I Keep my Child Safe on an ATV?

- **Appropriate Ages for Riding:** Children under 16 should not operate adult-sized ATVs.
- **Wearing a Helmet:** Always make sure your child wears a properly fitting, certified helmet.
- **Supervision:** An adult should always watch when children use ATVs.
- **One Rider Policy:** Do not allow more than one passenger on ATVs that are intended for one person.
- **Riding in Safe Areas:** Make sure your child stays on safe, designated trails—avoid roads and dangerous terrains.
- **Full Protective Gear:** Make sure your child wears gloves, goggles, long sleeves, and sturdy boots.
- **Controlled Speed:** Make sure your child rides ATVs at safe speeds and follows the riding rules.

What to Do in Case of an ATV Injury:

- **Stay Calm:** check the child's breathing and responsiveness.
- **Stop Bleeding:** Apply pressure to wounds using a clean cloth.
- **Don't Move a Broken Bone:** Avoid unnecessary movement if a broken bone is suspected.
- **Seek Immediate Help:** Call emergency services or go directly to an emergency facility.

How to Prevent ATV Injuries Before They Happen:

- **Structured Training Programs:** Enroll children in certified ATV safety courses. Children who ride should receive age-appropriate training from certified instructors. This can help reduce the risk of accidents due to inexperience.
- **Physical Fitness Requirements:** Kids should be strong enough to control an ATV.
- **Vehicle Limitations with Technology for Safety:** Choose ATVs with speed limiters and engine cut-off switches.
- **Environmental Awareness:** Educate children about the terrain and environmental conditions where they ride.
- **Regular Vehicle Maintenance:** Regularly check ATV brakes, tires, and engines.

When to Go to the Emergency Department:

Visit the Emergency Department immediately if your child:

- Hits their head and experience loss of consciousness, confusion, drowsiness or repeated vomiting.
- Has a broken bone. Signs of a broken bone include: swelling, pain, or a deformed limb.
- Complains of severe abdominal(stomach) or chest pain.
- Has uncontrolled/heavy bleeding.
- Has difficulty breathing.

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