

PRESS RELEASE

UBMC Promotes ATV Safety

UBMC Trauma Level 4 Center Provides Tips to Keep Your Children Safe

July 15, 2013: There's no denying the rough-and-tumble appeal of all-terrain vehicles. However, ATVs pose a risk for serious injury, especially for children. ATVs can weigh up to 800 pounds and reach speeds of up to 75 miles per hour. Rollovers and collisions can happen quickly. According to the American Academy of Pediatrics, children account for about one-third of the 130,000 to 150,000 ATV-related emergency department visits each year in the United States and one-quarter of the more than 800 ATV-related deaths. As a Level 4 Trauma Center, Uintah Basin Medical Center is encouraging citizens of the Uintah Basin to help prevent ATV accidents.

The American Academy of Pediatrics (AAP) and American Academy of Orthopedic Surgeons (AAOP) have adopted formal policies recommending that children under age 16 not drive ATVs. Younger children generally possess neither the body size or strength, nor the motor skills and coordination necessary, for safe handling of an ATV.

If you do choose to let your child drive an ATV, make sure you carefully follow these safety tips:

1. Keep children off adult-sized ATVs. If the driver is under the age of 18, use an ATV that is appropriate to the driver's age and size.
2. Always ensure that your children wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
3. Do not allow your child to ride an ATV on public roads, on paved surfaces, or at night.
4. Flags, reflectors, and lights should be used to make vehicles more visible.
5. Never allow a passenger on a youth ATV, or a single-passenger adult ATV. Also consider your child's coordination, skill level, maturity, size, and ability to focus and concentrate. A passenger may be too distracting. Also, drivers need to shift their weight freely in order to control the ATV, and a passenger may make this difficult.
6. Set an example for your child and drive your ATV only when you are not under the influence of alcohol, drugs, or prescription medications that may affect your coordination or judgment.

In addition to the above items, it is essential to ensure that your child attends an ATV driver's safety course before handling an ATV. To find safety classes near you, call the ATV Safety Institute at (800)887-2887.

A free online E-Course is also available at www.atvsafety.org. The ATV Safety Institute (ASI) offers three age specific e-learning courses to address basic ATV safety principles. Adults, teens and children will learn how to apply the "golden rules" of ATV riding. The course includes videos, pictures, and interactive games to make it a fun and effective learning experience for all age groups. After taking the course, users can take an ATV safety exam and receive a certificate of completion.

Remember, the only first ride anyone should ever take is through a safety course. Please ensure that your children have the appropriate education and equipment before allowing them to get on an ATV.

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Uintah Basin Healthcare is a community not-for-profit healthcare system, serving the Uintah Basin since 1944. Today, Uintah Basin Healthcare is the largest and most comprehensive rural-based healthcare system in the state of Utah.