

## National Farm Safety and Health Week



### University of Missouri Extension – Rural Safety and Health Program

**PSA: 30 seconds: Work Smart. Ride Safe.** Always wear protective gear – especially a helmet – when riding ATVs

Many ATV injuries are head injuries. Wearing a helmet may reduce the severity of these injuries. Select a motorcycle or other motorized sports helmet and make sure the helmet is certified by the U.S. Department of Transportation (DOT) and/or the Snell Memorial Foundation. In addition, wear over-the-ankle boots, goggles, gloves, long pants, and a long-sleeved shirt to protect against cuts, abrasions, and other injuries from rocks, trees, and other debris. Like other activities involving high speeds and heavy machinery, riding an ATV can be risky. To help stay safe, follow common sense safety tips. Take knowledge to the extreme and learn more about these important tips to **Work Smart. Ride Safe.**

This and other farm safety and health tips are available at the University of Missouri Extension Rural Safety and Health website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

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