

Aaron was driving a four-wheeler at a friend's house when tragedy struck.

"I wasn't driving fast or crazy or anything. I just hit some sand in the road and I lost control and I flipped."

Sadly, Aaron was not wearing a helmet. He suffered a broken leg and a traumatic brain injury that left him comatose for two months. Doctors at OU Medical Center saved his life, while therapists at Bethany Children's Health Center helped him regain it.

Aaron didn't speak for six months. He spent two years at Bethany Children's Health Center learning to do everything most of us take for granted. After a lot of hard work, persistence and prayer... Aaron went from sitting to walking.

Aaron now spends his time educating others about staying safe on four-wheelers through the ATV Ride Safe Oklahoma Campaign.

**"Be careful and have the helmet and equipment, so it won't happen to anybody else."
- Aaron**



SafeKidsOK.org
atvsafety@bethanychildrens.org

ATV Ride Safe Oklahoma strongly encourages any person riding an ATV to take an ATV Safety Institute *ATV RiderCourse*.

Course Options Include:
Hands-on *ATV RiderCourse*
Free online E-Course at ATVsafety.org

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**ATV
RIDE
SAFE
OKLAHOMA**



**safe riding
tips**

Wear the Right Safety Gear

It's important to wear the right gear when riding to prevent injuries.

- Department of Transportation (DOT) compliant helmet
- Goggles
- Long sleeved shirt
- Long pants
- Gloves
- Over-the-ankle boots

A helmet is the most important piece of safety gear a rider can wear!

About ATV Ride Safe Oklahoma

ATV Ride Safe Oklahoma is a joint initiative led by Bethany Children's Health Center, Oklahoma Children's Hospital at OU Medical Center and Oklahoma State Department of Health.

The goal is to provide safety education and injury prevention information for the operation of all-terrain vehicles (ATVs), also known as four-wheelers and quads, along with utility and recreational off-highway vehicles (UTV/ROV), sometimes known as side by sides.

The American Academy of Pediatrics recommends delaying ATV use until age 16. Whatever your family decides, ATV Ride Safe Oklahoma recommends everyone take an ATV Safety Institute ATV RiderCourse before riding an ATV, and encourages direct supervision of young riders.

Wearing a DOT compliant helmet can reduce the risk of death in a crash by

42%

ATV Safety Institute's Golden Rules

- Always wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
- Never ride on paved roads. Cross safely and when permitted by law.
- Never ride under the influence of alcohol or other drugs.
- Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.
- Ride an ATV that's right for your age.
- Supervise riders younger than 16; ATVs are not toys.
- Ride only on designated trails and at a safe speed.
- Take a hands-on ATV RiderCourse and the online E-Course.

⚠ WARNING



Operation of this ATV by children under the age of 10 increases the risk of severe injury or death.

Adult supervision required for children under age 16.

NEVER permit children under age 10 to operate this ATV.

Always follow the manufacturer's minimum age recommendation warning label located on the fender of the ATV.