

Aaron was driving a 4-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."

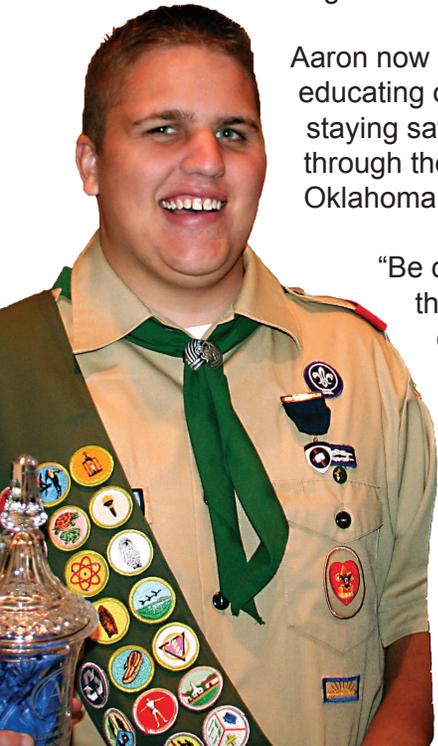
Sadly, Aaron was not wearing a helmet. He suffered a broken leg and a traumatic brain injury that left him comatose for 2 months. Doctors at OU Medical Center saved his life, while therapists at The Children's Center Rehabilitation Hospital helped him regain it.

Aaron didn't speak for 6 months. He spent 2 years at The Children's Center Rehabilitation Hospital 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 4-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



RideSafeOK.org

For more information, contact your county OSU Cooperative Extension Office or Mike Klumpp at mklumpp.osu@gmail.com.

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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Safe Riding Tips



ATV Ride Safe Oklahoma

About ATV Ride Safe Oklahoma

ATV Ride Safe Oklahoma is a joint initiative led by The Children's Center Rehabilitation Hospital, Trauma One Injury Prevention at OU Medical Center and Oklahoma State University Cooperative Extension Service 4-H Youth Development.

The goal is to provide safety education and injury prevention information for all-terrain vehicles (ATVs), also known as four-wheelers and quads.

Mission

The American Academy of Pediatrics recommends delaying ATV use until age 16. Whatever your family decides, ATV Ride Safe Oklahoma recommends that everyone take a 4-H facilitated ATV Safety Institute ATV RiderCourse before riding an ATV, and encourages direct supervision of young riders.



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



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 or online E-Course.



Wear the Right Safety Gear

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

- DOT helmet
- Goggles
- Long sleeved shirt
- Long pants
- Gloves
- Over the ankle boots

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

Wearing a helmet can reduce the risk of death in a crash by 42%.

