



## The Golden Rules of ATV Safety

# STAY AHEAD



The most important piece of personal protective equipment you can wear is Head Protection. A safety helmet should be chosen to give the maximum amount of protection whilst allowing you to perform the task you need to perform. There are many helmets in today's market which facilitate ATV operation ranging from motorcycle, equestrian, mountaineering and cycle helmets. High speeds over rough terrain would require a much higher degree of protection. Hard hats and forestry helmets should NOT be deemed adequate for ATV operation.



To benefit from the protection that a helmet will give, the fitment should be snug and comfortable, it should be securely fastened and meet all current British and European standards.

To satisfy the HSE PUWER regulations head protection is a mandatory item of safety equipment.

[www.quadsafety.org](http://www.quadsafety.org)