



# ATV SAFETY HELMET GUIDE

Riding an all-terrain vehicle, snow machine, or side-by-side no matter how short the distance, can increase your risk of getting in an accident. It is essential to be prepared and utilize correct safety equipment. Wearing a helmet is the best way to protect your head and reduce your risk of traumatic brain injury — an injury that affects how the brain works.

Additional benefits of wearing a helmet include:

- Shielding your head from gravel, dirt, and other flying debris from other riders or your own tires.
- Preventing unexpected impact from tree branches or other dangerous hazards.
- Offering protection to your nose, mouth, and chin from making sudden contact with your handlebars, steering wheel, or from being ejected from the vehicle in a severe abrupt stop (full face helmet).
- Helping cut down on noise and wind while riding.
- Increasing visibility to other off roaders (depending on the helmet color and pattern).

## HELMET SAFETY REGULATIONS AND CONSIDERATIONS:



- Always buy a new helmet. Although buying a helmet secondhand can save money, it is difficult to tell if a helmet has sustained damage at some point, compromising its protective performance.
- Always buy a helmet with the U.S. Department of Transportation (DOT) safety standard shown ensuring the helmet manufacture meets the minimal levels of performance.
- Ensure your helmet has Snell certification which is a stricter rating policy. These ratings are based on testing of the helmets and hold helmets to a higher standard of safety.

## WHEN DOES A HELMET NEED TO BE REPLACED?

- Even if you cannot see visible signs of damage, your helmet should be replaced if it sustains a major impact while riding. Your helmet may have sustained damage to the lining or other parts of its structure, compromising its integrity. A helmet that has protected your head in an accident has done its job and is ready to be retired.



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## TYPES OF HELMETS

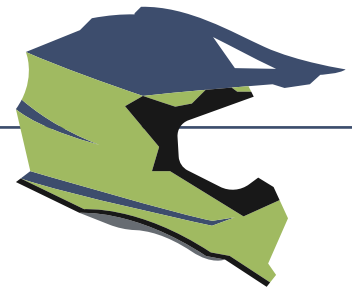
### Full-Face Helmets

Full-face helmets are the best option for ATV riders. They extend out in front of the mouth and chin offering a more robust head protection than an open-faced helmet.



### Motocross helmets

Motocross helmets were originally designed for off-road motorcycle racing and are a sub-variety of full-face helmets. They make a safe choice for ATV riders. They have heavy duty chin protection, are made with visors, and often paired with goggles for eye protection.



### HOW SHOULD AN ATV HELMET FIT?

A helmet should fit snug on your head and not shift when you move your head side to side or up and down. You should not be able to squeeze a finger between the helmet and your forehead without difficulty. When you wiggle a fastened helmet with your hands, your cheeks should wiggle as well.

**Important Note:** Do not buy a helmet for a child with room to grow. A helmet that is too large will not protect a child's head as it should. Select a helmet that fits at the time a child will be riding.

To determine what helmet size is needed, measure the widest part of your head, typically one inch above the eyes and ears. Make sure the tape measure stays level from back to front. This should give you the size helmet that is needed.

Sizes do vary from brand to brand, so it is important to check the brands fit and size chart to find out which size is needed.

Always try helmet on to ensure it is a proper fit.



### Open-Faced Helmets

Open-faced helmets lack mouth and chin area protection and offer minimal protection. These are not recommended for off-road use.



To learn more about ATV Safety, please scan the QR code.

Whether you are out riding for fun, for subsistence activities, going to store, or visiting a friends and family, remember to always wear your helmet!