ATV AWARE

CURRICULUM FACILITATOR GUIDE

N EXTENSION

AgHealth Central States
Center for Agricultural Safety and Health

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Nebraska Safety Center
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EXTENSION

ATV AWARE

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EVALUATION

- Youth Version
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Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United Sates Department of Agriculture.

LEVEL 1: Appropriate for grades K-3

(Approximately 20 minutes)

WHAT TO BRING

- Evaluations and pencils (it can be best to leave evaluations with teacher to collect later)
- Silicone bracelets for all youth, if available
- Either ATV simulator or both an adult size and youth size ATV, helmets, gloves, goggles

Explain they will learn FOUR THINGS in 20 minutes, they will be smarter than their parents, and if a simulator is present – after the lesson, an adult will get on the simulator for a demonstration on how to ride on hills (ask for a willing teacher or administrator ahead of time).

There will be immediate attempts, at this age, to tell the instructor stories of past ATV/UTV incidents. It is recommended to announce that this is not a time to share stories unless there is time at the very end of the training, but if they have a question they may raise their hands to ask. It must be made clear that talking only happens if hands are raised and a person is called upon, unless the instructor is asking the entire group a question.

ASK: What is an ATV and what does ATV stand for? It is an All-Terrain Vehicle or 4-wheeler (show large photo if no actual ATV or simulator). It is a vehicle used on many farms and ranches to get from one place to another, with a seat that is straddled and handlebars for steering control. People also use these vehicles to ride just for fun.

Important Lesson #1

ASK: How many have been on an ATV? (raise hands)

ASK: How many have been on an adult sized ATV? (raise hands)

ASK: How many have driven an adult sized ATV? (raise hands)

(In Nebraska, you can dramatically inform them that they broke the law...not only is it recommended that we are at least 16 years of age for full size ATV, but Nebraska law says we must have a license and NO, a farm permit is not legal.)

ASK: Why? Even if our body is big enough, our minds haven't matured enough to operate such an adult-sized machine... same reason you have to be 16 to drive a car. Give an example of someone who is 12 years old and large enough to operate an ATV.

ASK: Why shouldn't that child be on the ATV?

ASK: Are you smarter now than you were four years ago? So that 12-year-old may have the body of an older teenager, but just like you are MUCH smarter than you were four years ago, that 12-year-old will be MUCH smarter at age 16!

ASK THEM TO GUESS: Of every 100 kids under 16 who are hurt while driving an ATV, how many do you think are on a full-size adult ATV? Approximately 92 to 97

FOLLOW UP WITH: Of all the people killed on full-size ATVs, 22% were under 16. Of those, 56% were under age 12. (These stats are aimed at adults in the room, because young kids do not understand percentages.) Try to let kids know that the younger they are, the more apt they are to die in an ATV accident.

RECAP ASK: How old do you have to be to operate a full-size ATV? 16 with a driver's license (in Nebraska)

Important Lesson #2

ASK: How many have ridden with someone else? Guess how many people this ATV was designed to carry? One! It was designed for only ONE person and putting things or extra people on an ATV raises the tipping point and makes it unstable. So NO passengers!

ASK: Then why the big seat? Because we use body weight to keep our balance unlike other vehicles. We need to move all over that seat to lean and keep from tipping over - can't do that with two people on it. (Have someone demonstrate, if possible.)

RECAP ASK: HOW MANY PEOPLE ARE ATVs DESIGNED TO CARRY? One (there are some ATVs with extra seats and arm rests built in at the manufacturer. The center of gravity has been adjusted on them to accommodate an extra rider. Also, if parents rig an extra seat or attach a seat belt for a child, BOTH adjustments are extremely dangerous!) (Ask to imagine what would happen if they flipped over while wearing a seat belt.)

Important Lesson #3

ASK: How many of you used a helmet when you were on an ATV?
A helmet is the best defense against getting hurt. One out of every three injuries are to the head and neck.

ASK: If you break your leg, can you fix it? Yes

ASK: If you break your arm, can you fix it? Yes

ASK: If you break your brain can you fix it? You only have one brain and unlike in a car, you don't have a seatbelt or metal surrounding your head for protection.

ASK: What other things should we wear? Why? (Goggles to protect eyes, gloves to protect hands, jeans protect from burning legs on engine, boots that go over the ankles)

ASK: (if a there is a crush protection device installed) Can anyone guess what this does? Crush protection device – explain how it works

RECAP ASK: WHAT'S THE MOST IMPORTANT PART OF YOUR RIDING GEAR? A helmet

Important Lesson #4

ASK: True or False: To be safest, drive an ATV on paved or gravel roads when possible. False

ASK: Why would that be false? The main reason is they are not designed for roads (talk about differences in tires, narrow wheel base for easier tipping, high center of gravity, low air pressure in the knobby tires that grip and grab, show difference between high pressure car road-tires and ATV tires). Combine all that with the probability that we tend to speed on a road and that makes ATVs really difficult to control. These machines are built for DIRT.

RECAP ASK: "WHERE SHOULD WE NEVER DRIVE AN ATV?" On roads

ASK: Ask them the four questions again, and allow them to shout each answer.

UTVs (Utility Task Vehicle); ORVs (Off-Road Vehicle)

ASK: Who has been in a side-by-side?

SAY: "Always use the seatbelts in side-by-sides. So many kids and adults are getting hurt and dying because they aren't wearing seatbelts." Use words like "hurt" and "dying" or "killed" because pilot tests indicated children this age do not understand the words "injury" and "death".

If time, offer this scenario: "You're in an ATV accident and get hurt. You have to go to the hospital. What do you think is the typical (average) cost of that healthcare?" (ask for guesses) It is estimated at over $40,000 as of 2020.

If possible, feature a local person who suffered because of an ATV/UTV accident – have him or her talk about which safe behavior was not followed and the consequences.

If time, continue with laws and simulation demonstration (appropriate for grades 2-3, not 1-K). For grades 1 and 2, introduce Nebraska ATV/UTV laws, or at least those that are easy enough to understand at that age:

- Must use between sunrise and sunset
- Must have a driver's license (for a full-size ATV or a UTV)
- Must have liability insurance (explain what it is or just mention that for the adults)
- Must obey speed limit of 30 mph
- Must have headlights and taillights on at all times
- Must have an orange bicycle flag at least 5 feet above the ground
- Must never drive on any public highway or county road EXCEPT for one reason...guesses? For an agricultural (explain that means farming or ranching) purpose (the only other allowed reason is to cross the road after stopping at a designated intersection, while following all rules above. Small towns sometimes allow ATV owners to ride in town if registered. Town rules are followed in that case, but those rules do not apply to the highway going through town – that is as above.)

SAY: Tell your parents what you learned so they can learn about ATV laws and rules! (Or something to promote family discussion at home.) If possible/available, give each child a silicone wrist bracelet with "I AM ATV AWARE". These are a great conversation starters!

AFTER THE LESSON – SIMULATOR DEMONSTRATION
(if available)

(Instructor must be trained in advance on how to set up and tear down the simulator. Actual usage training must take place in person.)

1. Participant (16 and over) MUST verbally agree to the liability statement on storage box in front of them.
2. Participant may wear a helmet if he/she wants, but I don't encourage it (lice); just talk about importance of it in real life.
3. Talk about: When you are riding on a hill, using a small ATV that is just your size, always lean uphill. Find the top of the hill and lean toward it.
4. "If he/she goes downhill first, which way should he/she lean? Show me what the rider should do." (kids lean back...take sim downhill) Make sure rider's feet are flat on foot area, all the way forward on it, not letting go of handle grips (it happens often), and leaning back as far as possible.
5. "If he/she goes up a hill, which way should he/she lean? Show me." (have kids lean - take sim uphill) Make sure rider's feet are flat and all the way back on foot area, leaning forward. At steepest point, ask "What else could he/she do here?" (stand up and lean over ATV) "Doesn't that feel better...safer?" Ask rider to confirm that it feels better/safer that way. "This machine is not built for steep hills, but if you find yourself on a hill, you must LEAN and even stand, staying low, when going uphill."

6. "If the top of the hill is on his/her right side (point to where a hill would be), which way should he/she lean?" Toward the top of the hill. (take sim to left) Rider leans right but ask "What else could he/she do?" The answer is shift hips clear over to the right and lean.
7. Same on other side. "Could he/she do all of this if another person was on the ATV and in the way?" No.
8. As you continue with random angles of hills, talk about how the rider should be acting like a string coming out of the sky and holding his or her head in the same place while leaning.
9. All riders receive a chip clip, on inside storage door. Magnetic chip clips with a customized logo are simple to keep on-hand in the simulator because they stick to the inside of storage doors.

EVALUATION: Depending on grade level, have youth complete evaluations or collectively ask them the 3:2:1 questions on the evaluation and record as many answers as possible. If possible, leave evaluations for teachers to have kids draw and write on with more time allowed, collect later.

LEVEL 2: Appropriate for grades 4-12

(Approximately 40 minutes or 55 minutes with simulator. Adults may also participate in this activity.)

WHAT TO BRING

- Small whiteboards, markers, erasers, lavalier and sound system, list of questions/answers, giveaways – if any; pencils and evaluations
- If no ATV simulator, it is helpful to have an adult-sized ATV (90+cc) and a child-sized ATV (70 cc or less)

HOW TO BEGIN

- Allow approximately 40 minutes for activity without simulator, another 15 minutes for simulator
- As children (or adults) enter the room, hand each one pre-made number notes to divide into groups of about 4-5 per group, and send each directly to separate areas around room, gym, or outdoor area. DO NOT allow them to divide themselves - they always choose friends with potential for distraction and others are left out.
- Introduce self, title, and organization.
- Explain that when you say "ATV" you mean All-Terrain Vehicle or a 4-wheeler (show a photo if you don't have a simulator or real ATV there).
- Explain that their lesson will be in the form of a team competition to see how much they know about ATV safety. Let them know that all teams will be asked the same questions and have the same amount of time to come up with answers.
- Give each group a whiteboard, eraser, and marker or have them already in place as groups gather in their designated spots.
- Have each team appoint someone to keep track of points and be the printer. Explain that you will ask a question and every team should quietly decide their answer to write on the boards..."don't let other teams hear your answers!" Tell them there are no cell phones allowed during the competition – "put them face down or in your pocket and leave them there".
- Each question is worth one point, and teams are told to keep track on the corner of their whiteboards, using the honor system. For questions with a list, they get one point for every correct answer.

Team Competition

1. Remind them to not say the answer out loud when you ask, then ask a question (see below) and allow an appropriate amount of time to pass for each – some answers come faster than others, but shouldn't take more than 30 seconds, in most cases. The question with a list for answers is allowed 2-3 minutes.

2. When all teams are ready, have all hold up their whiteboards to face the instructor so you can say their response. Let them know the correct answer. After each question, talk about the discussion point so they understand the "why" to each answer.
3. Ask as many questions as possible without going over the allotted time limit. Ask them to self-report points at the end and if any scores are the same, ask the tied teams tiebreaker questions (you will have to remind other teams to not suggest an answer).

4. The winning team gets to use the simulator or choose a willing adult to get on it if they are too young. If the simulator is not available, choose an appropriate token for the winning team and possibly for all participants with the winning team only "winning" the title of WINNER.

If possible, feature a local person who suffered because of an ATV/UTV accident and have him or her talk about which safe behavior was not followed, and the consequences. Pilot project data showed that for youth, actual testimonials and/or visuals are effective, so appropriate injury photos are welcome.

ATV Aware Team Competition Questions

WHAT IS THE YOUNGEST RECOMMENDED AGE TO OPERATE A FULL SIZE (90CC+) ATV?

16 – law in NE

DISCUSSION: The reason for our Nebraska law that an ATV or UTV operator must have a driver's license is not just because of physical size. Do you think you were smarter this year or last year? It's about the mental capacity and reaction factor with youth...if we're being brutally honest here, it's the fact that younger people just lack the maturity that older people have when it comes to HOW they react to situations...16 is how old the law says your brain has to be for driving a car and the same brains are needed for an ATV or UTV.

ACCORDING TO SEVERAL STUDIES IN PAST YEARS, OF ALL CHILDREN UNDER 16 WHO ARE INJURED WHILE OPERATING AN ATV, APPROXIMATELY WHAT PERCENTAGE WERE ON AN ADULT (FULL SIZE) ATV?

a) 50% b) 72% c) 89% ***d) 97%***

DISCUSSION: What does this statistic tell us? (The odds of getting hurt or killed on an ATV go WAY up if you're a kid on an adult-sized ATV. In the last few decades, 22% of all ATV-related deaths were kids under age 16. Within THAT group, 44% were under the age of 12.)

A STANDARD FULL-SIZE ATV IS DESIGNED TO CARRY HOW MANY PEOPLE?

One

DISCUSSION: So why do ATV's have a large seat that looks like two people could ride? ***So the driver has room to move around and lean when turning corners and maneuvering terrain***

The main reason to avoid riding double:

Much of the weight of an ATV is YOU – (Explain Center of Gravity (COG) as the point at which weight is evenly dispersed and all sides are balanced.) COG on an ATV is higher than a tractor (ankles) or a car (knees – then ask them to guess where COG is on ATV...***chest high***) and adding a person, spray tank, or hay bale moves that COG higher and backward; with that narrow wheel base and a high COG (compare to a car with low COG, seat belt, and overhead metal to keep you safer – "a car has all this...what does an ATV have?" ***nothing, unless you wear a helmet***) it can become extremely dangerous with an extra person or cargo! Even if that cargo is on both front and back – everything that is placed on the ATV raises center of gravity to more dangerous levels.

WHICH WAY SHOULD YOU ALWAYS LEAN WHEN ON A SLOPE?

Uphill

DISCUSSION: Again regarding COG – never just sit and ride an ATV on hills. Always find the top of the hill and LEAN toward it! Stand up and lean over handlebars on an incline, if necessary.

ATV TIRES USE (LOW OR HIGH) AIR PRESSURE?

Low

DISCUSSION: Low pressure means better grip, and tires also have deep tread for gripping, Car tires are SO different (high air pressure, low tread); over or under inflated tires on an ATV can cause it to handle improperly and cause loss of control so it's important to always check them.

TRUE OR FALSE: TO BE SAFE, DRIVE AN ATV ON PAVED OR GRAVEL ROADS WHEN POSSIBLE.

False

DISCUSSION: ATV tires are not meant for pavement, concrete, or gravel roads but for natural earth...they have a narrow wheel base, high COG, and tires that grip road surfaces and cause inability to control.

WHAT IS THE SINGLE MOST IMPORTANT PART OF YOUR RIDING GEAR?

A helmet

DISCUSSION: In a car, what is there to protect us? (Seatbelts, low COG, integrated safety cage); "If you have an accident and break your arm, can you fix it?" (yes) "If you break your brain, can you fix it? (no) One out of three injuries are to your head and neck; You have one brain, protect it! Helmet should be labeled as DOT approved. There are different types of helmets for different transportation – do not use a bike helmet. The padding of a helmet is for one time use. The padding of a helmet is not as protective after an accident and should always be changed. After an accident, it is not as protective. Even in a side-by-side (UTV), wear a helmet and use a seatbelt. (Ask what else they should wear: long pants to prevent burns, above-ankle boots, gloves, goggles, etc.)

TRUE OR FALSE: IF YOU FEEL A DANGER OF GOING OVER BACKWARD ON AN UPHILL SLOPE, APPLY THE BACK BRAKES IMMEDIATELY.

False

DISCUSSION: Applying the back brake can cause you to flip over backward. Giving it gas to propel you up a hill can also cause you to flip. Steady and not too steep is the key! Typical ATVs are not meant to climb steep hills. There are specially-designed "rock climbers" with a lower center of gravity that are made for that.

WHAT IS THE LEADING CAUSE OF ATV ACCIDENTS?

Using them on any type of ROAD

DISCUSSION: What do we tend to do on any straight-away or road? SPEED. 33% of accidents happen on roads – they are just not designed for that use!

WHAT ARE THE REQUIREMENTS FOR USING AN ATV OR UTV (SIDE-BY-SIDE), ACCORDING TO NEBRASKA LAW? (ONE POINT PER EVERY ONE CORRECT – THEY MAY GUESS AS MANY AS THEY LIKE)

- ***Must have valid class O operator's license (driver's license); farm permit not legal***
- ***Operation allowed between sunrise and sunset***
- ***Have liability insurance coverage***
- ***May not go over 30 mph***
- ***Headlights and taillights must be on, regardless of time of day***
- ***Must be equipped with an orange bicycle safety flag which extends not less than 5 feet above the ground***

DISCUSSION (IF NO ONE MENTIONS THIS ONE): There is one more very important law for one more point, if you can get it...

IN NEBRASKA, YOU MAY ONLY DRIVE AN ATV OR UTV DOWN A PUBLIC ROAD (LIKE A COUNTY ROAD OR HIGHWAY) FOR ONE REASON. WHAT IS IT?

Only for agricultural work purposes while complying with Requirements for Use above

DISCUSSION: So if I'm 25 with a driver's license, driving an ATV down a country road during the day, with lights on, with liability insurance, going 25 MPH, with an orange triangle flag 5 feet above the ground, on my way to visit a friend, that's legal, RIGHT?? ***No.*** Why not? (Talk about possible law suit for accident following all rules except for ag purpose – insurance won't pay)

For those riding an ATV or UTV for other purposes, they may only CROSS roads:

- Must comply with Requirements for Use (above) AND
- Only cross at an intersection with a 90 degree angle and no obstructions
- After the ATV or UTV is brought to a complete stop before crossing and operator yields to oncoming traffic
- In crossing a divided highway, the crossing is made only at an intersection of such highway with another highway
- Only inside town limits IF there is a city ordinance allowing it – in that case, town laws are followed except for the highway going through town (back to state law on it)

DISCUSSION: Talk about how popular they are now, on more and more farms and ranches. What are differences between an ATV and UTV?

(All-Terrain Vehicle – "4-wheeler", "quad")

- Smaller in size; meant for only one person; created for transportation use, not storage or hauling; handlebars; no safety restraints

(Utility Task Vehicle – "side-by-side" or ORV Off Road Vehicle)

- Bigger - Designed for more than one person, not straddling...not stabilized with body weight shifting as an ATV is; has steering wheel, windshield, roll cage, seat belts/restraints; allows for storage and hauling, or "tasks", hence the name

More likely to have child victims with UTV accidents - more so than in ATV accidents because of the false sense of safety and usually seatbelts are not worn...ALL AGES - wear your seatbelt!

Bonus or Tie-Breaker Questions

WHAT COUNTRY FIRST DEVELOPED ATVs?

Japan

WHAT IS THE AVERAGE COST OF HEALTHCARE RESULTING FROM AN ATV ACCIDENT RESULTING IN A HOSPITAL VISIT?

Well over $40,000 in 2020

...are YOU going to pay for that?

Your parents will. Then consider lost work, inability to play football or baseball or do something else you used to do, etc.

AFTER THE TEAM COMPETITION – SIMULATOR DEMONSTRATION
(if available)

(Instructor must be trained in advance on how to set up and tear down the simulator. Actual usage training must take place in person.)

1. Participant (16 and over) MUST verbally agree to the liability statement on storage box in front of them.
2. Talk about center of gravity – always lean UPHILL; ATV is different from a Jet Ski or motorcycle because you use your body weight to keep the center of gravity over the center of ATV as much as possible and it is very high, etc.
3. Explain what the Quadbar does – crush protection device. (The Quadbar is a structure mounted on the ATV behind the rider, designed to counter some of the risks associated with rollovers. It is named "Quadbar" because the manufacturer is in Australia, where ATVs are referred to as "quads".)
4. Allow them to try on PPE (although be wary of lice transfer with helmets) and get on simulator, as many as possible within time limit, if 16 or over.

5. Talk about: When you are riding on a hill, always lean uphill. Find the top of the hill and lean toward it.
6. "If he/she goes downhill first, which way should he/she lean? (take sim downhill) Make sure rider's feet are flat on foot area, all the way forward on it, not letting go of handle grips (it happens often), and leaning back as far as possible.
7. "If he/she goes up a hill, which way should he/she lean?" (take sim uphill) Make sure rider's feet are flat and all the way back on foot area, leaning forward. At the steepest point, ask "What else could he/she do here?" (stand up and lean over ATV) "Doesn't that feel better...safer?" Ask rider to confirm that it feels better/safer that way. "This machine is not built for steep hills, but if you find yourself on a hill, you must LEAN and even stand, staying low, when going uphill."
8. "If the top of the hill is on his/her right side (point to where a hill would be), which way should he/she lean?" Toward the top of the hill. (take sim to left) Rider leans right but ask "What else could he/she do?" The answer is shift entire rear end over to the right and lean. Do the same on other side. "Could he/she do all of this if someone was on the back and in the way?" No.
9. As you continue with random angles of hills, talk about how the rider should be acting like a string coming out of the sky and holding his or her head in the same place while leaning.
10. While everyone is taking turns (it is helpful to have another trained person available to run the simulator after the first person goes and lesson has been taught), ask them to tell about incidents they have had or know of and discuss ways those accidents could have been prevented. It is helpful to ask the local contact for the event if there have been any serious injuries or deaths as a result of ATV/UTV use in the area. This should be addressed with compassion and sensitivity when talking with audiences. If a local person with testimonial is available, that is best.
11. Remind them of medical costs to parents for accidents, liability issues with accidents on roads, and that if all behaviors discussed during the competition are carried out, most every incident can be prevented.
12. Magnetic chip clips with a customized logo are simple to keep on-hand in the simulator because they stick to the inside of storage doors. These can be presented to anyone who gets on the simulator.

This concludes the training. Have each participant complete an Evaluation as riders are taking turns, and collect when completed, checking for any final questions to answer.

If no ATV simulator is available, consider this option by Dr. Aaron Yoder at Central States Center for Agricultural Safety and Health to create a miniature version of an ATV simulation:

HOW TO SET UP YOUR OWN MINIATURE ATV DEMONSTRATION: youtube/FaqITCVoLS8

MINIATURE ATV DEMONSTRATION: youtube/ion1PJQBdRo

Level 3: Adult Learners

Approximately 60 minutes, using Kahoot, PowerPoint, and simulation demonstration

PREPARATION

- Computer with PowerPoint loaded, projector, microphone system if needed, simulator, small prize (can be 1st, 2nd, and 3rd places for Kahoot quiz), Nebraska Laws handouts, chip clips for sim riders
- Always ask for electricity within 80 feet of an outdoor location, if nice weather, or a covered, high-ceiling area with large enough garage door for the 9' tall simulator to fit; request audience to have smart phones or iPads.
- Visit getkahoot.com to create a free Kahoot account, and contact Susan Harris at susan.harris@unl.edu to directly receive the Kahoot quiz for ATV Aware, complete with clip art for each question. This can be shared in a way that eliminates a need to type out all the questions for another account. This quiz is similar to the Team Competition Questions, except with extra points for speedy answers, as players participate by using their smart phones

A combination of the Kahoot online quiz, PowerPoint presentation, and simulation demonstration may be used (in that order). The first two may be used for an online program.

After having participants play the Kahoot game, give a prize to the first-place winner or prizes to the top three winners.

Present PowerPoint and encourage interaction throughout. Provide each with Nebraska laws flier during Nebraska laws discussion. If you live in a different state, inquire within the State Patrol for state laws. Side note: Some law enforcement officers may not know or understood laws for ATVs and UTVs. Please find the actual laws for printing!

After program, take adults to the simulator and encourage participation, discussing all topics learned in the program. As with the student education, this is a good time to let them share experiences/accidents/injuries/deaths. Follow up with written evaluations, collect.

Option for Event Settings, Youth and Adults

Use questions to create a question board display, have participants spin a wheel to answer the question behind that number, and offer a small prize. Each spin is an opportunity to learn something new and many times, children and adults want to try answering all of them! If possible, allow older students who have completed ATV Aware training to lead these activities. This is a good role model exercise for youth.

BRANDING

Create a promotional flier for ATV Aware.

Nebraska Extension grants the right to anyone using this curriculum to reproduce, manipulate, and utilize the following portion of its ATV Aware logo in conjunction with this curriculum:

ATV AWARE

Photo for example of an ATV:

Photo for example of a UTV or ORV:

CONTENT RESOURCES AND MORE INFORMATION

- atvsafety.org/
- cpsc.gov/s3fs-public/pdfs/blk_pdf_NebraskaLaw.pdf
- cpsc.gov/Safety-Education/Safety-Education-Centers/ATV-Safety-Information-Center
- unmc.edu/publichealth/cscash/_documents/outreach_ATV_educational_flyer.pdf
- https://www.unk.edu/offices/safety_center/index.php
- **VIDEO: LUCKY TO BE ALIVE** morningagclips.com/farmer-who-is-lucky-to-be-alive-takes-time-for-safety/

QUESTIONS?

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