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SOUTHEAST ★ CENTER
FOR AGRICULTURAL HEALTH AND INJURY PREVENTION

ATV AND DIRT BIKE SAFETY GEAR CHECKLIST

MUST HAVES!

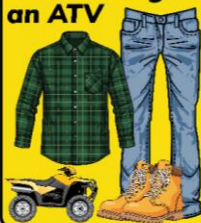


SCAMPURXERU

**Recommended
for a dirt bike**



**Good enough for
an ATV**



- Ride appropriate size ATVs/Dirt Bikes that match your skill level.
- Ride in designated areas: off-road trails, designated tracks, and farm areas.
- Never carry passengers, unless vehicle is designed for two.
- Ride sober.
- Respect the land, protect the environment, and practice trail courtesy.
- Ride within your limits.
- Share the ride: teach, encourage, and look out for the safety of others.



TICK-FREE TIPS



PREVENT



- TUCK PANT LEGS INTO SOCKS
- STAY ON TRAILS

REPEL



- SPRAY CLOTHES WITH PERMETHRIN, DEET, OR PICARIDIN
- APPLY INSECT REPELLENTS TO SKIN

CHECK



- USE A LINT ROLLER TO FIND AND REMOVE UNATTACHED TICKS
- SHOWER AND CHECK HOTSPOTS

REMOVE



- USE A SET OF TWEEZERS
- GRASP CLOSE TO THE SKIN
- PULL STRAIGHT OUT



TickTalk

How to remove a tick



Grasp the tick as close to the skin's surface as possible using clean fine-tipped tweezers.

If fine-tipped tweezers are not available, use regular tweezers or your fingers to grasp the tick.

Grasp the tick close to the skin's surface to avoid squeezing the tick's body.

Pull tick away from the skin with steady, even pressure.

Don't twist or jerk the tick. This can cause the tick mouthparts to break off and remain in the skin. If this happens, your body will naturally push the mouthparts out over time as your skin heals. You can also remove the mouthparts with tweezers. If you cannot remove the mouthparts easily with tweezers, leave them alone.



Dispose of the live tick by taking one of these steps: place it in a sealed container; wrap it tightly in tape; flush it down the toilet; or put it in alcohol. Do not crush the tick with your fingers.

After removing the tick, thoroughly clean the bite area and your hands with soap and water, rubbing alcohol, or hand sanitizer.



If you find a tick attached to you, there may be other ticks on your body. Do a careful tick check to look for other ticks and promptly remove them. Do not wait to go to a healthcare provider to remove the tick. Delaying tick removal to get help from a healthcare provider could increase your risk of getting a disease spread through tick bites, known as tickborne diseases.