



MORONGO
BAND OF
MISSION
INDIANS



OUR MISSION

To provide superior quality health care to Riverside County residents with a special focus on individuals and populations in need.

OUR VISION

To benefit all residents of Riverside County by serving as an academically affiliated primary, secondary, and tertiary level health care center, with a tradition of superior quality and service.

OUR VALUES

- Commitment:** superior service to all
- Compassion:** service with respect, dignity and sensitivity
- Integrity:** the highest level of ethical and professional conduct
- Fiscal Responsibility:** careful use of scarce resources
- Quality:** achieve the best outcomes
- Safety:** make patient safety the utmost concern
- Innovation:** encourage creativity and a willingness to accept new ideas
- Collaboration:** value and cultivate teamwork among all staff and outside organizations or groups
- Community:** reflect community needs in planning for services
- Diversity:** recognize the values and diversity of staff, patients and community

RIVERSIDE COUNTY REGIONAL MEDICAL CENTER

MORENO VALLEY CAMPUS—MEDICAL CENTER
26520 CACTUS AVENUE
MORENO VALLEY, CA 92555
951.486.4000

ARLINGTON CAMPUS—PSYCHIATRIC CARE FACILITY
9990 COUNTY FARM ROAD, SUITE 2
RIVERSIDE, CA 92503
951.358.4700

www.rcrmc.org

TRAUMA INJURY PREVENTION PROGRAM Supported by the Morongo Special Distribution Grant

Off Road Vehicle Safety Tips

*Working with Our Community
In Keeping Everyone Safe.*





KNOW YOUR SPORT

Safety Rules That Can Protect You

According to the Motorcycle Industry Council, an estimated 3.2 million off-road vehicles are in use today.

A report from the Consumer Product Safety Commission states that there are 120 deaths and 90,000 injuries per year from off-road vehicle accidents.

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OFF ROAD VEHICLE SAFETY TIPS

- Know the laws and regulations in your area.
- Keep the vehicle in top maintenance condition at all times.
- Ride only in designated areas and respect the environment.
- Know what type of helmet is made for that specific sport.
- Gear up for safety. Wear an appropriate helmet, eye protection, a sturdy jacket, long pants, over the ankle boots and gloves.
- Find a safe place to practice braking, turning and improving reaction times.
- Stay off paved roads. It is easier to lose control on hard surfaces.
- Check the vehicle before using. Carry a small tool kit and or spare parts to fix any problems with the vehicle.
- Ride with a buddy, but not as a passenger. Added weight effects control on turns.



SAFETY GEAR

Personal protective gear is **mandatory** for off-road vehicle operations.

- A helmet protects the brain. It should be designed for off-road sports and meet minimum state safety standards.
- Eye protection consists of a face shield or goggles. It protects the eyes from dust and debris.
- Gloves protect knuckles from hitting tree limbs or branches and have some padding for comfort.
- Boots need to be strong and cover the rider's ankles. Over the calf boots are strongly recommended for the best protection.
- Other protective clothing include, a long sleeved shirt, a pair of sturdy pants, knee and shin protectors, shoulder pads, chest protectors, elbow guards, kidney belt and a Liatt neck and spine brace for the most protection.

TRAINING COURSE

There is a number of training course options, including on-line courses:

- In Colton, California, the Honda OHV and Environmental Learning Center has training courses available for beginners up to advanced riders.
- ATV Safety Institute is a National program for all terrain vehicles. Call 1-800-887-2887 for a program near you.
- OSHA Safety Training has a 10-30 hour online course. www.OSHA.gov