



## MACHINERY | ALL TERRAIN VEHICLE – SIT IN

Our expert instructors will help you master the skills needed to ride a sit-in conventional steer ATV safely and with confidence.

The course's key fundamentals will also cover loading and towing, identifying and reporting mechanical faults and understanding health, safety and legal issues.

New riders will gain the basic skills required to use ATVs effectively.

More experienced operators will be able to maximise their abilities to get the very best out of their vehicle.

### COURSE CONTENT

- Accident prevention
- What is an ATV?
- Daily/safety checks
- Possible problems
- Route planning – risk assessment
- Familiarisation with instruments and controls
- Starting and stopping the machine
- Driving the machine – basic manoeuvres
- Ascend/Descend/Traverse safely
- Limitations of loaded ATVs
- Practical exercise

### EQUIPMENT REQUIRED

#### Protective Equipment:

- Steel toe capped protective boots with good grip and ankle support (complying with EN 345-1)
- Helmet with chin strap with BSI standard clearly visible
- Non-snag outer clothing appropriate to the prevailing weather conditions
- High-visibility clothing may also be appropriate

 [www.seltc.co.uk](http://www.seltc.co.uk)

Socialise with us:



#### Contact Us:

[info@seltc.co.uk](mailto:info@seltc.co.uk)

07752 098849 / 07437 601161

The Old Bakery, High Street, Blackboys East Sussex TN22 5JX





South East Landbased  
Training Courses LLP

**PRE-REQUISITES:** Candidates over 16 years

**FURTHER INFORMATION:** [www.nptc.org.uk](http://www.nptc.org.uk)  
All of our courses can be accredited by either NPTC or LANTRA, depending on the level of accreditation you require

**PROGRESSION COURSE SUGGESTIONS:**



All-Terrain Vehicles - Sit Astride



Chainsaw Maintenance and Crosscutting



Safe Use of Brushcutters & or Trimmers



Pedestrian Mowers



Safe Use of Ride On Self Propelled Mowers



Emergency First Aid at Work (+ Forestry)

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