



# PREVENTING ROLLOVERS

## INFORMATION FOR RIDERS

Always **wear a helmet** and protective gear when riding.  
Never ride when impaired by alcohol or drugs. **Ride sober!**

Rollovers kill, and seriously injure, more quad riders than any other type of incident. Rollovers cause more than half of quad deaths. On average, **13** people die in Alberta every year while riding quads.<sup>1</sup> Almost **600** people are admitted to hospital<sup>2</sup> and almost **5,000** go to emergency departments for treatment.<sup>3</sup>

### Why Do Quads Roll?

Quads are built with a high center of gravity. This allows them to travel over rough terrain, but it also makes them tip over easily. Quads roll from riding up, down, or across a hill that is too steep, from overloading the quad with passengers or cargo, or from driving too fast. Even riding on level ground and turning too sharply can cause a rollover.

1. Office of the Chief Medical Examiner. 2009-2019 death data.

2. Alberta Health Services, Trauma Registry. Data received Jan 28, 2021 Has an Injury Severity Score (ISS) greater than or equal to (≥) 12, calculated using the Abbreviated Injury Scale

3. Alberta Health Interactive Data. Time period 2002-2019. Data accessed 17 Feb, 2021. (Includes dirtbikes)

### Keep Your Quad Upright

Follow these steps to avoid a quad rollover:

- » **Active riding**, or using your body weight and position to maintain the upright position of the quad, is a skill all quad riders need to learn and use when operating a machine in order to prevent a rollover. Take a quad safety course to learn how to active ride.
- » **Ride the right sized quad.** Your quad must be the appropriate size for your weight and strength. If you are too small or too big for a machine your active riding will not be able to keep it upright. This means children are no match for an adult-sized quad and smaller adults need to choose their machines carefully.
- » **Don't ride double!** Riding with a passenger on a quad built for one reduces a driver's ability to counter the rolling forces of a quad.
- » **Consider an Operator Protection Device (OPD).** OPDs or CPDs (crush protection devices) are accessories that can be purchased and mounted on some quads. They rise approximately to the level of the riders head and either stop the quad on its side or create a space for the rider under the quad should it roll upside down. They are available through independent distributors under the names QuadBar or ATV Lifeguard.
- » **Ride sober.** Alcohol was found in the blood of more than half (55%) of the drivers who died quadding. Most (75%) of these were over the criminal code limit of 0.08 blood alcohol content (BAC).
- » **Wear a helmet.** It's the law, but 8 out of 10 people who died of a head injury weren't wearing one.

For more information visit [injurypreventioncentre.ca/quads](https://injurypreventioncentre.ca/quads) or contact [ipc@ualberta.ca](mailto:ipc@ualberta.ca)

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