



Know · Learn · Connect

QUAD BIKE



TOOLKIT

BACKGROUND

With a vision for safer people and places, Injury Matters works to prevent and reduce the impact of injury and support those affected through education, support and advocacy. Through the Know Injury program, Injury Matters provides knowledge, training, resources, and networking opportunities for health professionals, local government, not-for-profit and community organisations to prevent injuries.

As part of the Know Injury program this toolkit provides information, resources and guidance to support Local Governments, health and community professionals in increasing community awareness of the importance of preventing quad bike related injuries.

What are quad bikes?

A quad bike is a motorised off-highway vehicle designed to be driven by a single operator on four wheels. The vehicle has a seat designed to be straddled by the operator and has handlebars for the steering control.⁽¹⁾

It is estimated that 186,000 quad bikes are in use across Australia.⁽²⁾ Quad bikes have become increasingly popular and are now being used by farmers, local governments, search and rescue teams, recreation clubs and tourism companies to assist with a variety of activities.⁽³⁾

How common are quad bike related injuries?

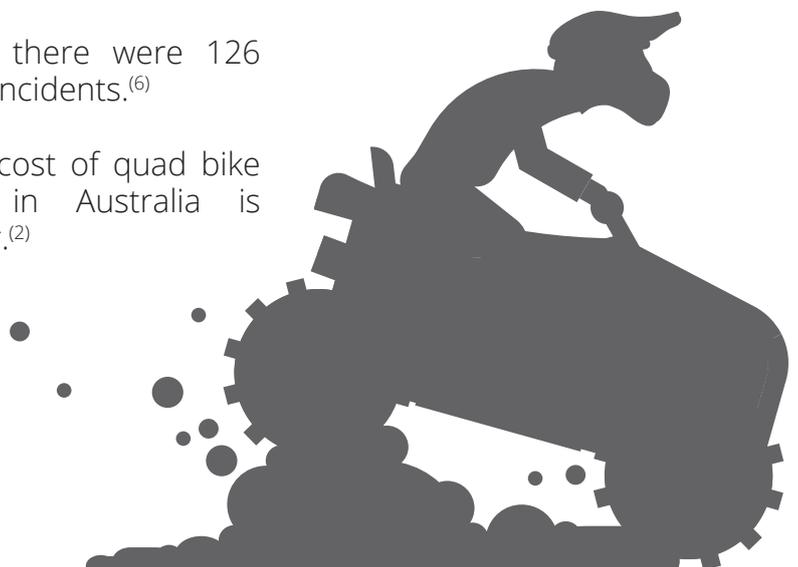
In Western Australia (WA) there were 259 people admitted to Royal Perth Hospital with quad bike related injuries between 2009 and 2018.⁽⁴⁾

The most common location of the quad bike incident was off-road (45.2%) and on a farm (12%). Drug and/or alcohol use was reported in at least 28.4% of cases and 44.8% were reportedly not wearing any form of safety device.⁽⁴⁾

The most common quad bike related injuries include sprains/strains, fractures and contusions/crushing injuries.⁽⁵⁾

In Australia from 2011 to 2018 there were 126 fatalities associated with quad bike incidents.⁽⁶⁾

It is estimated that the economic cost of quad bike related fatalities and injuries in Australia is approximately \$204 million per year.⁽²⁾



PREVENTING QUAD BIKE RELATED INJURIES AMONG YOUTH

How can quad bike related injuries be prevented?

The incidence of quad bike related injuries can be reduced by adopting a range of simple practices. Individuals can prevent quad bike related injuries by:^(7,8)

- Using personal protection equipment (including a helmet, eye protection, enclosed footwear, high-visibility clothing, hearing protection and safe clothing);
- Undertaking pre-operational checks to ensure the vehicle is safe;
- Only operating equipment that is regularly maintained;
- Riding in pairs;
- Informing others where they plan on traveling and when they expect to return;
- Never operating a quad bike when affected by fatigue, drugs or alcohol;
- Never allowing children under the age of 16 to operate a quad bike designed for adults;
- Never attempting jumps, stunts or tricks;
- Always riding at a safe speed; and
- Riding on tracks that they are familiar with.

What organisations work to increase awareness of strategies to reduce the incidence of quad bike related injuries in Australia?

A range of organisations conduct activities, which aim to reduce the impact of incidence of quad bike injuries in Australia.



Safe Work Australia are an Australian Government statutory body that develop national policies in regards to occupational health and safety. They encourage the safe use of quad bikes, outline regulations and develop resources relating to the safe operation of quad bikes.



Department of Mines, Industry Regulation and Safety act as a policy maker, service provider and regulator for WorkSafe, consumer protection, labour regulations, mines and petroleum. They promote the safe use of quad bikes and provide a range of resources relating to quad bike safety.

YOUR ROLE

What role do Local Governments have in preventing quad bike related injuries?

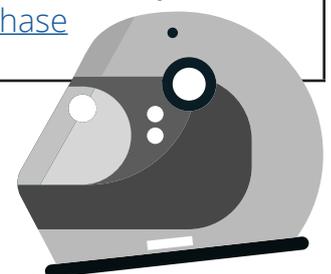
Local Governments play a direct role in reducing the risk of quad bike related injuries within their local area by providing safe tracks where community members can ride their quad bikes.

In addition to providing community members with a safe place to live, local governments have a responsibility to support the health of its residents. Quad bike related incidents can significantly affect the health of residents; therefore it is important that local governments communicate quad bike safety messages within their community.

How can your Local Government or organisation get involved in preventing quad bike related injuries?

Located within this Toolkit are a range of media templates and suggestions of activities that Local Governments can conduct to generate awareness of the incidence of quad bike related injuries and the importance of prevention.

	ACTIVITY
AWARENESS RAISING	Contact local radio stations or newspapers to promote quad bike safety messages.
	Use statistics on the incidence of quad bike related injuries to raise awareness at events and on social media.
	Deliver community education workshops regarding the safe operation of quad bikes.
COMMUNITY	Display posters and distribute educational resources from Safe Work Australia regarding quad bike safety.
	Display reminders at the start of trails about using personal protective equipment whilst operating quad bikes.
	Install quad bike safety signage in locations commonly used by quad bike riders.
PARTNERSHIPS	Partner with local organisations, especially farming/recreational bodies, to implement quad bike safety activities.
	Promote positive quad bike safety practices being completed by local quad bike riders.
	Partner with local vehicle dealers to promote the safety features of quad bikes. The SafeWork NSW pre-purchase checklist can support this activity.



TEMPLATES

Digital media is a great channel to generate awareness within your community about the importance of conducting safe behaviours to prevent quad bike related injuries.

Over the next two pages, Injury Matters has provided social media templates and ideas for social media, blog topic ideas, and a media release for you to use to generate this awareness.

SOCIAL MEDIA MESSAGES

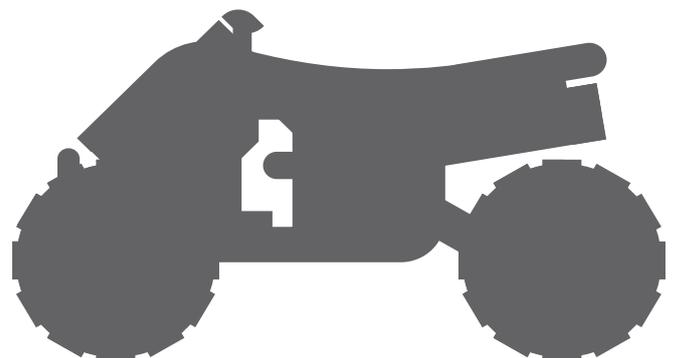
1. Every year in Australia, there are approximately 16 quad bike related fatalities. These fatalities can be prevented, visit [Safe Work Australia](#) for more information.
2. Safe behaviours are essential to preventing quad bike related injuries. Always remember to use personal protective equipment when operating a quad bike to reduce your risk of injury.
3. Remember that quad bikes are NOT safe to drive on all terrains. Ensure you always stick to flat terrains to reduce your risk of experiencing an injury.
4. Anyone who operates a quad bike is at risk of experiencing a quad bike related injury. To reduce your risk of experiencing an injury, ensure your quad bikes regularly maintained.



Image 1: Use similar poster to explain quad bike safety.

BLOG TOPICS

1. How to ensure your quad bike is safe for operation
2. Tips for how to reduce your risk of a quad bike related injuries on the farm
3. Highlight local tracks where residents can ride their quad bike safely



MEDIA RELEASE

Quad bikes: prevention is key

With an increasing number of individuals using quad bikes, **Local Government** is urging everyone to be aware of how they can prevent a quad bike related incident on their properties and bikes.

Quad bike related injuries affect riders who use quad bikes for both work and recreational purposes. However, quad bike injuries are avoidable.

Local Government Representative says, "Quad bike related injuries are a serious issue within our community. Thankfully, quad bike related injuries can be prevented through the correct use of personal protective equipment, frequent maintenance of the vehicle, riding in pairs wherever possible and practicing safe driving behaviours."

In Western Australia (WA) from 2009 to 2018, there were 259 people admitted to Royal Perth Hospital with quad bike related injuries.⁽⁴⁾

Approximately two-thirds of quad bike incidents are the result of vehicle rollovers, making it the most common cause of quad bike related injuries in Australia.⁽⁵⁾

"People can reduce their risk of being involved in a quad bike rollover incident by; ensuring all safety features are left in place, operating in accordance with the driver's manual and reducing their speed," says **Local Representative**.

-ENDS-



WHAT SUPPORT CAN INJURY MATTERS PROVIDE?

To assist you in communicating the prevalence of injuries in your local area, Injury Matters can provide you with data regarding the number of hospitalisations and fatalities within your local government or health region due to injury.

Located on Know Injury's [Knowledge Hub](#) are a number of fact sheets, resource kits and information to support health professionals conduct injury prevention activities. These tools can assist local government workers who are developing initiatives that aim to reduce the prevalence of quad bike related injuries in your local area.

Finally, Injury Matters have relationships with a number of external organisations who lead the way in reducing the incidence of injuries in WA. If you are interested in partnering with other organisations to prevent quad bike injuries or simply wish to find out what other work is being conducted to prevent quad bike injuries please contact us so that we can assist you to locate this information.

Partner:



Department of Health



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CONNECT WITH US



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[@KnowInjury](https://twitter.com/KnowInjury)

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