

Best Practice Guide

Rollovers



Learn The Rules To Prevent The Rolls

A rollover incident is one in which a vehicle turns over onto its side or roof. Usually this type of incident is caused when a driver loses control at speed.

Rollover incidents are particularly frightening for anyone involved as the occupants of a rollover vehicle tend to be thrown around severely. The outcome of this type of incident is often serious injury or even death.

Several incident prevention techniques can help to prevent rollover incidents.

Think Smooth

Avoid making any sudden movements when driving. This includes sudden braking and sudden turning. Remember the three S's: SLOWLY, SMOOTHLY and STEADILY.

Watch Your Speed

Reduce your chances of losing control of your vehicle by sticking to the speed limit and always driving at a speed appropriate to the conditions - especially on bends.

Take Corners With Care

Corners can be hazardous if tackled incorrectly. If you are travelling too fast and brake while in a corner you will lose grip and are likely to skid out of control.

When approaching a corner:

- Apply brakes smoothly on the approach to the corner until your vehicle is at an appropriate speed.
- Release the brakes before you begin to turn.
- Accelerate gently as you start to leave the corner.

Look After Your Tyres

Tyres that are worn, damaged, under or over inflated are likely to affect the handling of your vehicle and adversely affect how your vehicle grips the road surface.

On a weekly basis you should check:

- Pressure.
- Tread depth.
- For damage such as cuts, splits and bulges.

Scan The Environment

By being aware of what is happening around you at all times you can help avoid any last minute braking or swerving which can lead to loss of control.

Remember to:

- Scan the area around you regularly to look for 'clues' about the environment.
- Ease off the accelerator when driving near to potential hazards.
- Be prepared to brake if necessary.



Be Aware Of The Weather

Bad weather conditions such as rain, snow and ice have a massive effect on braking and vehicle control.

When driving in icy or snowy conditions:

- Get into a low gear earlier than normal.
- Allow your speed to slow gradually.
- Apply the brakes slowly and smoothly.

Know Your Vehicle

Tall vehicles have more chance of being involved in a rollover incident due to their higher centre of gravity. This means that SUVs, vans and trucks are more likely to rollover than small cars. Take extra care if you drive a taller vehicle - and if you regularly drive different vehicles remember that each will handle differently.

Take Care With Your Load

Placing cargo on the roof of your vehicle raises its centre of gravity and increases your chance of a rollover.

When carrying a load:

- Keep heavier items as low as possible.
- Do not overload your vehicle.
- Limit the amount of cargo you carry on the roof.
- Drive slowly and carefully around corners.

Belt Up

While the best way of preventing injuries in a rollover - or any type of incident - is to prevent the incident from happening, you should always take precautions just in case the worst happens.

Wearing a seatbelt will help to reduce the likelihood of you suffering a serious injury and will reduce your chances of being thrown from your vehicle - something that is common in rollover incidents.

Be Alert

A high percentage of rollover incidents are caused by impaired drivers who have delayed reactions and subsequently over-compensate for their delayed reactions by braking or turning suddenly.

To keep your reactions as fast as possible:

- Do not drive after drinking any amount of alcohol.
- Stay away from drugs.
- Get enough sleep and never drive when feeling tired.
- Check the labels of prescription medicines for side-effects including drowsiness.
- Avoid driving when stressed, angry, upset or distracted.

- R** Remember to check tyres regularly.
- O** Only drive when you are fully alert.
- L** Lives can be saved by wearing seatbelts.
- L** Look around for potential hazards while driving.
- O** Overloading your vehicle can make a rollover more likely.
- V** Vehicle height can increase the chances of a rollover.
- E** Ensure you drive smoothly and avoid sudden movements.
- R** Remember to take extra care in bad weather.

WARNING

Rollover incidents account for approximately 25 percent of all motor vehicle deaths.