

## **ROAD SAFETY TIPS FOR KIDS**

Children rely largely on imitation for learning so it very important that parents set the right example. Start road safety early. Road safety education is important to children at every age. As the children grow, they start making more decisions for themselves and mistakenly believe they know everything. They need to know that road safety is a serious matter and the rules cannot be broken.

### **Children need special attention because**

- They are curious, daring and spontaneous making them vulnerable to accidents.
- Most road accidents involving children happen close to their homes.
- The risk increases when children start high school.
- Cannot determine which direction sound is coming from.
- They do not know what to watch out and listen for.
- They want to enjoy independence.
- They are fast and unpredictable.
- They get distracted easily.

### **Steps to independence**

- Talk to children the way they understand.
- Start teaching road safety on roads with least traffic.
- Watch and test before allowing the child to cross alone.
- Start practicing crossing busier roads together. Do this many times before allowing the child cross alone.
- Point out people who are making mistakes on the road and explain ways to avoid these dangers.
- Check the route and discuss how to deal with any dangers before allowing the children to make a journey alone.
- Explain the importance of understanding and following rules.

### **Parents/adults should**

- \*Protect and supervise children in all traffic situations.
- \*Use their knowledge and experience to forewarn in impending risky situation.
- \*Ensure children hold an adult's hand while walking, wear a seatbelt in the car or wear their bike helmet.
- \*Take every opportunity to explain road safety.
- \*Observe children behave safely not just talk about safety.

**Above all, never be complacent!**

As adults, we are responsible for children's safety whether they are walking, cycling, playing or sitting in the car.

## **For children**

- Always plan your journey
- Make sure you know where you are going
- Choose the safest route
- Leave yourself plenty of time

### **WHEN WALKING**

- Walk only on the pavement or footpath.
- If there is no pavement, walk on the right hand side of the road so you can see the traffic coming towards you.
- Walk one behind the other at turns or if there is a heavy traffic.
- Be extra careful if you can't see the road far ahead.
- Be careful when crossing cycles, rickshaws and carts. They might be traveling slowly but they do not have efficient braking system and can cause serious injuries.
- If you are walking with a younger child, always hold his or her hand when using the road.
- Try to walk in the centre of the pavement. Someone might suddenly open the car doors.
- Do not behave in the street as you do in the playground.
- If a friend calls from the other side of the road, never hurry, check traffic first.
- Do not challenge or encourage friends to do anything risky on the road.

## **WALKING AT NIGHT**

- Be visible, Always wear bright clothing at night
- Avoid going out in bad weather.

Bright materials are good as they show up in daylight and at dusk.

Reflective materials are good at night.

## **HOW TO CROSS THE ROAD SAFELY**

### **1. THINK FIRST - PLAN**

- Find the safest place to cross then stop.
- If available cross the road at a zebra crossing, traffic light crossings or at traffic islands or where there is a police officer or a traffic warden. Wait on the pavement until the traffic has completely stopped.
- If not available, choose a place where you can see clearly along the roads in all directions, and where drivers can see you.

Note - Never cross on turns.

### **2. STOP**

- Stand on the pavement little way back from the edge. You should be away from the traffic but still be able to see all around. Even if there is no pavement stand at a little distance from the edge.
- Don't hurry, give yourself time and have a good look all round.

**3. WATCH AND LISTEN:** - Look for traffic in all directions and listen.

### **4. WAIT UNTIL IT'S SAFE**

- Wait patiently and let the traffic pass.
- Cross when there is a safe gap and you are sure there is enough time.
- Don't cross if you are not sure.

### **5. WATCH AND LISTEN**

- When it's safe, walk directly across the road.
- Keep looking & listening while crossing.

Note: Never run.

## **CROSSING THE ROAD WHERE VEHICLES ARE PARKED**

- Avoid crossing between parked cars

But if there is nowhere else to cross:

- Choose a place where there is enough space between two cars
- Make sure no car is about to move out of the parking - look for drivers in the cars, lights and listen for engines.
- Ensure that you can easily get to the other side of the road.
- Walk to the outside edge of the cars and stop.
- Look on both sides for traffic.

### **CROSSING ROAD WITH A MEDIAN**

Some roads have an island or a median in the middle.

- Treat each half of the road as a separate crossing.
- Wait on the island or median, observe and then cross.

### **CROSSING AT A ZEBRA CROSSING**

If there is a zebra crossing, always use it.

- Wait on the pavement near the edge and wait for all the traffic to stop before you start to cross.
- After traffic has completely stopped from both sides, walk across on the black and white stripes.

Keep looking all round and listening because a driver might not have seen you.

Note: If it is wet, cars would take more time to stop.

### **CROSSING WHERE THERE IS AN ISLAND IN THE ROAD**

Mostly traffic flows in one direction on these roads.

- Treat each half of the crossing as separate crossing.
- Watch out for overtaking vehicles.
- Do not assume that vehicles will stop.
- Check that the vehicles have stopped before crossing.

### **SCHOOL CROSSING MANAGED BY POLICE OR TRAFFIC MARSHALLS**

- When school crossing is managed by police officers or traffic wardens, wait until they signal to you to cross the road.
- Always cross in front of them and obey their instructions.

### **CROSSING ONE-WAY ROADS**

- Check the direction in which the traffic is going.
- Traffic will be flowing in more than one lane; do not cross until it is safe to cross the whole road.

**CYCLING:** - Enjoy cycling but always remember these tips.

### **BASICS**

- Do not cycle on the road unless you have been trained.
- Before going, discuss the safest route with your parent or guardian and follow it.
- Make sure there are reflectors on the front and back of the cycle.
- Keep the reflectors clean and do not paste stickers on them.
- Use a bike bag if you have to carry anything on your cycle.
- Wear such clothes that do not get caught in the chain or wheels.
- Wear shoes while riding, sleepers can slip from the pedals.
- Ride a cycle that suits your height. A cycle which is too big or small affects your balance and can be dangerous.

### **BEFORE STARTING**

- Check your brakes are working well and your tyres are inflated.
- Wear a cycle helmet - it protects you if you have an accident.
- Be visible - Make sure that other road users can see you easily. Wear bright clothes.

### **CYCLING IN THE DARK**

- Avoid cycling in the dark.
- Wear bright or reflective clothes in the dark.
- Make sure the reflectors are clean.

### **WHILE CYCLING**

- Look behind before starting off, turning right or left, overtaking, or stopping and make sure it is safe.
- You must obey traffic light signals.
- Give a clear arm signal to show what you intend to do.
- Use cycle tracks if you are riding along the main roads.
- Always keep both hands on the handlebars unless you are giving a signal or changing gears.
- When turning, allow pedestrians to cross first because they have the right of way.
- Never hold another vehicle or cyclist.
- Avoid carrying a passenger on your cycle even if you are expert in cycling.
- Ride one behind the other. Never ride more than two side by side even if there is no traffic.
- Ride at some distance from the edge of the road. The drains or gutters can imbalance you.
- If you want to turn right from a busy road, stop on the left hand side and wait for a safe gap in the traffic then walk or cycle across the road.
- Do not wear a personal stereo or use a mobile phone whilst cycling. These devices affect your concentration.
- Overtake only if, you are certain it is safe to do so.
- Be careful if you are overtaking parked vehicles, they might start off or someone might open the door
- Be prepared for unexpected dangers.

### **PARKING YOUR CYCLE**

- Always park your cycle in the area marked for parking of cycles. Use a cycle rack if available.
- Always lock your cycle.

**PEDESTRIAN CROSSINGS:-** Pedestrians have the right of way. You must stop for pedestrians at Zebra crossings.

### **CYCLING NEAR ANIMALS**

- Keep a safe distance from stray cows or from carts. The animals can be unpredictable and can cause an injury.
- Don't sound your bell or horn near them as this may scare the animals.

**ROUNDBABOUTS & INTERSECTIONS:** - Always give way to traffic coming from your right. Be cautious of the vehicles turning in front of you.

### **RIDING IN CAR**

- Always wear the seatbelts.
- Never lean or wave out of the window. Never throw or hang anything out.
- Do not block the driver's view in the mirror.
- Never distract the driver by talking to him, shouting or playing about in the car. It is very important for the driver to concentrate on the road.
- Only open doors or windows only when your parent or guardian asks you to open. Use the door on the pavement side.

### **RIDING IN BUSES**

- While waiting for a bus, stand on the pavement. Do not play around at the bus stops.
- Wait for your turn, allow the people to get off the bus before you get on. Do not push or jostle other passengers.
- If you have to cross the road after getting off the bus, wait for the bus to go first.