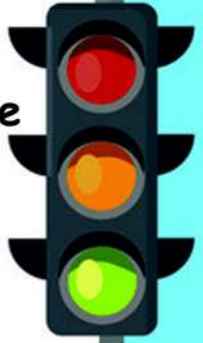


# ROAD SAFETY RULES

























Statistics show that many hundreds of kids are being injured every day due to road accidents. As kids are often unaware of the road safety rules, inexperience and carelessness are the main reasons behind the situation. Just like parents at home, teachers should take on the role at school to teach students about road safety and best practices. However, make sure that you pass on only relevant information and which they can understand and use on their own. Here let us have a look at some of the most important road safety rules to be taught to your kids to assure their safety on the roads.



# Know your Safety Signals

 STOP	 GIVE WAY	 STRAIGHT PROHIBITOR NO ENTRY	 PEDESTRIAN PROHIBITED	 HORN PROHIBITED
 NO PARKING	 NO STOPPING OR STANDING	 SPEED LIMITED	 RIGHT HAND CURVE	 LEFT HAND CURVE
 RIGHT HAIR PIN BEND	 LEFT HAIR PIN BEND	 NARROW ROAD AHEAD	 NARROW BRIDGE	 PEDESTRIAN CROSSING
 SCHOOL AHEAD	 ROUND ABOUT	 DANGEROUS DIP	 HUMP OR ROUGH	 BARRIER AHEAD



The first and foremost element of road safety for anyone is to know the signals. Parents and teachers should make sure that kids are aware of all the basic signals on road safety before leaving them alone. However, don't burden them with all the signals in one go. Teach them the basic signals at first and then gradually make them aware of the other signals too. Let us have a look at the main traffic lights and signals which your kids should know about:

- When the signal is Green, it means 'go' and now the vehicles are permitted to move ahead
- If the signal is Red, it is a warning signal to stop the vehicle.
- When the signal is Yellow, vehicles are supposed to slow down as it will turn red soon.
- Similarly, the walking man signal should be showing Green when it is safe for people to cross the road at intersections, and they should never attempt to cross if it is Red.
- Students should also be taught about hand signals by traffic police in the absence of signal lights.



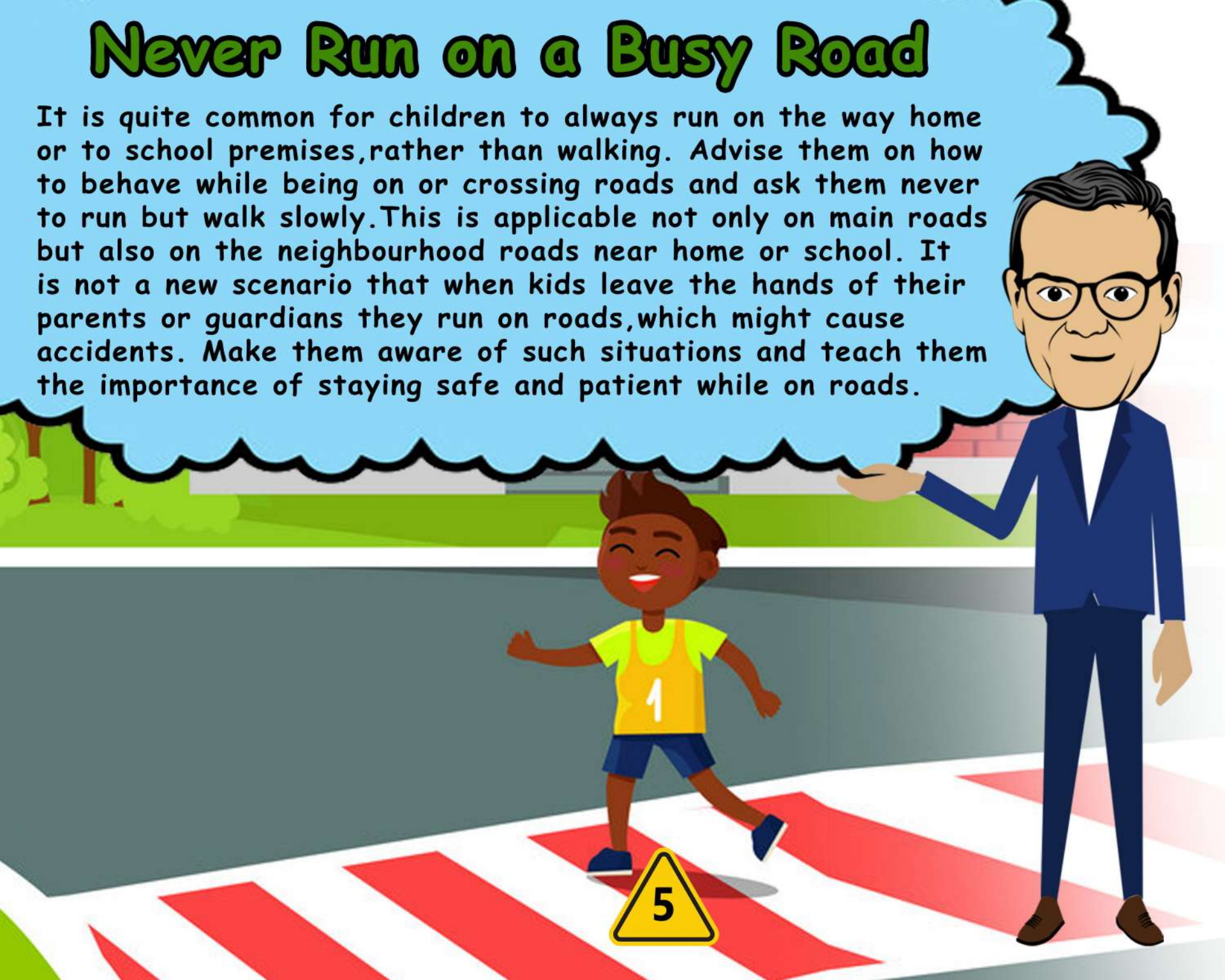
# Always Pay Attention and Listen to Warnings

Teach them the importance of staying alert and attentive while walking on or close to roads. Also, teach them the sound of ambulances and that they should give way to them. Discuss with them about how to differentiate the loud sounds and faint sounds of vehicles to identify if they are near or far.



# Never Run on a Busy Road

It is quite common for children to always run on the way home or to school premises, rather than walking. Advise them on how to behave while being on or crossing roads and ask them never to run but walk slowly. This is applicable not only on main roads but also on the neighbourhood roads near home or school. It is not a new scenario that when kids leave the hands of their parents or guardians they run on roads, which might cause accidents. Make them aware of such situations and teach them the importance of staying safe and patient while on roads.



# Always use Sidewalks

Advise them to always make use of the sidewalks when walking on the road. Even when the road is empty or busy, ask them to stick to the basic rules and use the side pathways. Encourage them to talk to you about everything they see while on the roads, or what they experience, so that you can guide them on what is right and not.



# Make Sure They are seen at Night

It is very common for children to play with friends in the neighbourhood and come home late in the evening alone. There will be sub roads in between where small vehicles pass by, and so ensuring their safety is important.

Teach them the danger that comes from wearing dark coloured clothing, which might camouflage them within the surroundings and make it hard for the vehicles to notice them.





# Practice Safety in Moving Vehicles

Teach them to follow the road safety rules when they are in moving vehicles. Whether they travel by school bus or car, tell them to never put their hands or heads outside through the windows. Children often engage in the fun of waving hands to their friends through the window which can be dangerous if the vehicles coming from the opposite direction accidentally hit them. Insist that they always wear a seat belt when they travel by car or similar vehicles. It is never advisable to stand or walk through a moving vehicle. It is important to hold the handrails on the sides to avoid falls if the vehicle stops suddenly.



# Ride Bicycles Carefully

It is quite common for kids to ride by bicycle to school or through their neighbourhoods. Parents and teachers should make sure that they maintain the road safety rules when riding bicycles and here are a few main things to consider:

- \* It is always advisable to wear helmets while riding a bicycle.
- \* Parents should see to it that the bicycle is in proper working condition and check the brakes and lights are working properly when using in the after evening.
- \* It is always good to use bicycle lanes whenever possible and where they are not available, then ride on the extreme left or right of the road, depending on your country rules.
- \* Kids should keep their eyes and ears open so that they know whether there are any speeding vehicles behind them and ride safely.
- \* They should ring the bell whenever they want to warn a person or vehicle which is in their way.
- \* Use bicycle lights whenever there is poor visibility and always when travelling at night.





# Being Safe When Getting In and Out of Vehicles

Teach them to be punctual so as to avoid having to run behind a moving bus and jumping on it after it has started moving.

When alighting or boarding a bus, it is always advisable to stand in the queue and wait their turn. It is always preferable to get off at the curb side when getting out of vehicles to avoid causing an obstruction to other vehicles.



# Never Multitask While Walking on Roads

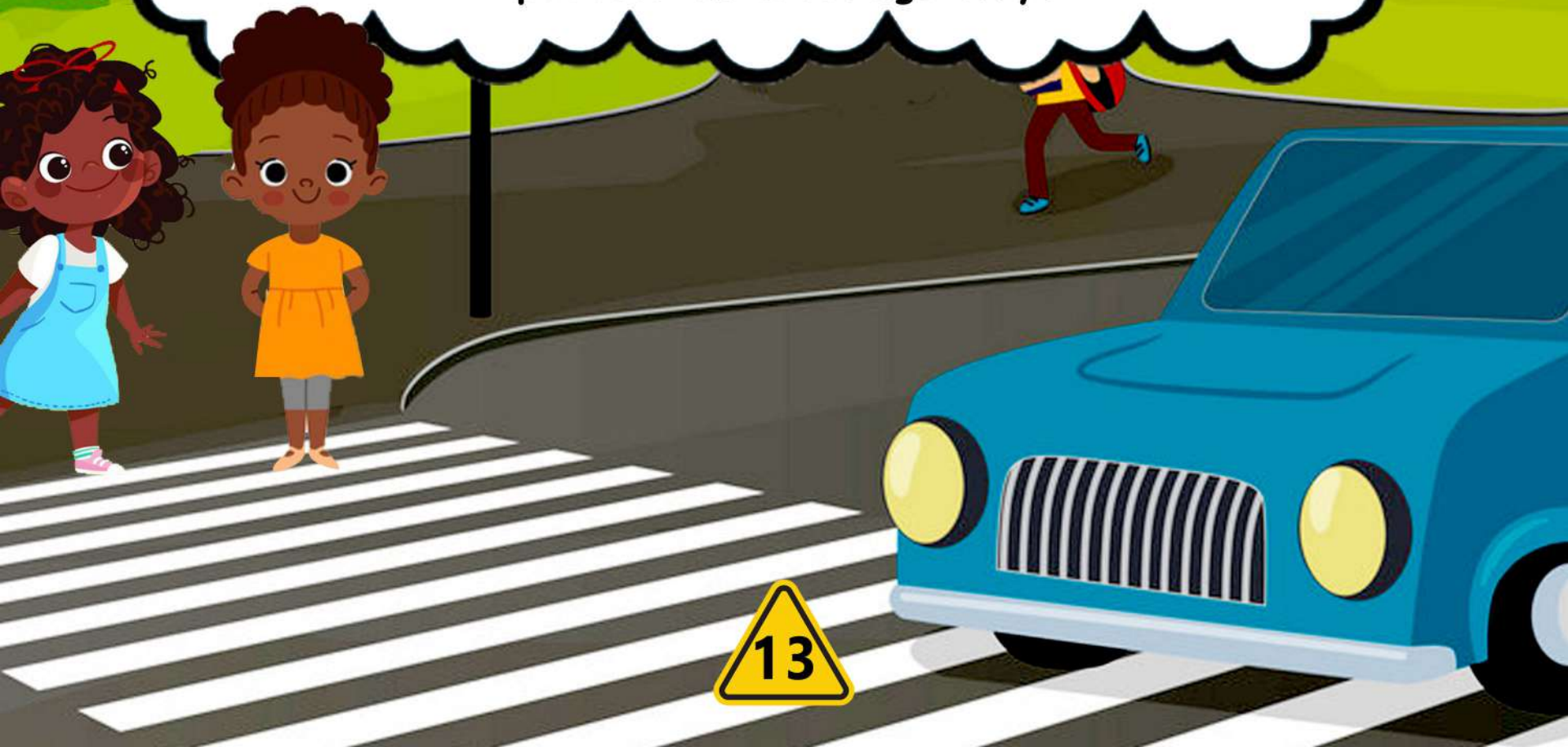
Insist that kids never multitask while they are walking on roads or riding bicycles. Being alert on the road can save many unwanted accidents, which are caused just because of carelessness. Staying alert is the key to safety and so kids should be completely focused on what is happening on the road.

- \* It is never advisable to text messages on mobiles or make calls while on the road, which can cause kids to miss any horns or warning signal. If they get distracted, it is possible that they may violate the road safety rules.
- \* Some students have the habit of reading books or blogs on mobiles while they walk, something which needs to be strictly avoided while they are on roads.
- \* Convey the importance of staying alert and following the road safety rules even while they are playing with balls, moving objects or with pets in their neighbourhoods. Ask them to always check apartment parking and garages areas from where vehicles can emerge or drive in through. Instead of just giving lectures on road safety rules, it is always a wise idea to teach them through games and road safety activities. Using activity sheets, guessing games or crosswords, painting traffic signs as well as getting their responses for different scenarios on roads can help them learn fast.



# Teach Them to Use Pedestrian Crossing

Pedestrian crossings are safe crossways made for pedestrians to cross with no need to hurry. There are various types, including Zebra stripes, Pelican crossings, Pegasus, Toucan and so on. It is common instinct for parents to tend to rush over at crossroads along with their child. The kids then tend to follow the same process. So make it a practice to be calm on the roads and make it a point to use pedestrian crossings only.



# Controlled Enthusiasm While on Roads

Some children tend to get excited when they see a family member or a friend, no matter where they are. They need to be taught the importance of staying calm and composed



# Getting Down From a Vehicle

Blind spots can occur while kids are getting out of a vehicle, and this may be at school or somewhere else. If they do not pay attention, this can cause accidents of various intensities.

It is important that if a car is parked at the roadside, they look both ways before opening the door, to check for an approaching vehicle and avoiding any misfortune. It is advisable to drop off the kids at the side of a pedestrian walkway or places with minimum traffic.





# Avoid leaving children alone in the car

A vehicle starting unintentionally, as a result of the fidgety behaviour of a child, is not an uncommon story. Playing around with car keys is also very risky as children could lock themselves in the car. Such mischief can become very serious, causing accidents, heat stroke or even suffocation due to the vehicle getting hot inside.



# Safety While in the Neighbourhood

Parents often tend to let their guard down in their own neighbourhood, thinking there is no traffic. However, there are parking spaces and garages around which cause occasional vehicles to pass by; and then we have kids playing around chasing each other wildly. Not being alert here as well can invite unnecessary trouble. Teach them to be aware even when they are playing around in the neighbourhood.



# The Direction of the Traffic

This is a very important rule often ignored by most people. It becomes easier for kids to judge potential threats in traffic when they know the direction of the approaching traffic. Once they notice a threat it is easier to move away from it, well in advance.



# Railway Crossing Rules

In a few countries, like India, roads are intercepted by railway tracks. No doubt there is the utmost security placed at railway crossings, but it is important that kids understand the seriousness of the matter. A passenger train takes almost a length of two football fields to stop. So it is advisable to not play around close to any railway tracks if there are any in the neighbourhood. Even while crossing such tracks, it is of high importance that we co-operate with the crossing security and do not try to rush across for any reason.





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