



TRAINING KIT FOR ELEMENTARY SCHOOL STUDENTS

MOST OF OUR MISTAKES CAN BE REDEEMABLE; HOWEVER MISTAKES ON TRAFFIC CAN BE
IRREDEEMEABLE AND THESE MAY SEPARATE US FROM OUR BELOVED ONES.
BEING AWARE OF THIS, LET'S LEARN THE TRAFFIC RULES, OBEY, WARN THOSE WHO DO
NOT AND LET'S PROMISE TO DO SO.

Section 1

NEED TO KNOW

1. What is transportation?

It means travelling of people or moving some object from one point to another.

2. Types of Transportation

a) Road Transportation

It refers to any type of transportation over the roadways.

b) Railway Transportation

It refers to transportation over the rail tracks.

c) Sea Transportation

It refers to travelling of passengers or freight over rivers, lakes or sea.

d) Airway Transportation

It refers to transportation by the airway vehicles.

3. What is Vehicle?

The common name of transportation means like automobile, train, ship, aircraft is vehicle. They are used to transport people and freight.

4. Types of Vehicles

Roadway Vehicles

Bicycle; is a vehicle consisting of a light frame mounted on two wire-spoked wheels, driven manually.

Motorcycle; is two-wheeled vehicle with one or two passenger seats similar to bicycle, but driven by an internal combustion engine.

Automobile; is a four-wheeled vehicle driven by an internal combustion engine.

Bus; is a large motorized vehicle to carry large number of people.

Truck; is a vehicle used to carry heavy loads.

Pick-up is a motorized vehicle used to carry heavy load with a maximum weight of 3500 kg.

Tractor; is a motorized vehicle used in farms, gardens or similar, especially for pulling farm implements or machinery such as plough or harvester.

Minibus is a light commercial vehicle for passenger travel with mounted seats in 3.5 - 4 square meter area.

Metro bus is a mass transportation vehicle that is a combination of metro and bus.

Railway Vehicles

Train, is a series of coaches that are driven by one or more locomotives.

Express-train is a railway vehicle that allows fast travelling compared to normal trains.

The places where trains loads or unloads passengers or goods are called rail stations.

Metro; is a rail system used for fast transportation.

Tramway; is a passenger vehicle that moves over a special track in cities.

Sea Transportation Vehicles

Ship, is a vessel of considerable size for deep-water navigation to carry passenger and freight.

Cargo boat is a ship used for freight.

Boat, is a ship with steam power engine.

Barge, is a large vessel without deck that carries load to ships and near coasts.

Sailing boat is a vehicle used in sea, lake or rivers, which is propelled partially or fully by sail.

Submarine, is a vessel especially designed for warfare, capable of operating for protracted periods below the surface of the sea.

Sea bus is a passenger only ferry service faster than boats.

Canoe, is small, narrow, without a deck boat, powered by human, sail or small electric or gas motors.

Airway Vehicles

Aircraft; is a vehicle which is able to fly by being supported by the air, or in general, the atmosphere of a planet. An aircraft counters the force of gravity by using either static lift or by using the dynamic lift of an airfoil.

Helicopter; is an aircraft that derives its lift from blades that rotate about an approximately vertical central axis.

Sailplane, is an air vehicle that flies without any power source.

Ropeway, is a conveyance that transports passengers or freight in carriers suspended from cables and supported by a series of towers.

Zeppelin is a rigid airship having a long cylindrical body supported by internal gas cells. It has one passenger cabin and a steering system allowing direction change in the air.

Balloon, is a sphere that is filled with heated air or light gas that makes it fly.

5. How are the people who control the vehicles called?

Those who control an automobile are called chauffeur or simply driver.

Trains are controlled by motormen or engine drivers.

Ships are controlled by captains.

Aircrafts are controlled by pilots.

6. What is traffic?

The passage of people or vehicles along routes of transportation is called traffic. It is the vehicles or pedestrians in transit.

7. What are the elements of traffic?

a) People

Pedestrian: Human beings moving or not on road, but not in a vehicle.

Drivers: The person who controls the motorised vehicles on roadways.

Passenger: Those who travel in cars are called passengers.

b) Vehicle

Automobile: Motorised four-wheeled road vehicle.

Motorcycle: two-wheeled vehicle with one or two passenger seats similar to bicycle driven by an internal combustion engine.

Bus: a large motorized vehicle to carry large number of people.

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c) Road

Roadway: Area that is allocated to public service for traffic.

Carriage way: Part of roadway that is allocated to vehicles.

Pavement (sidewalk): Part of roadway that is allocated to pedestrians at the edge of the section used by the vehicles.

Junction: Areas, where two or more roadways cross and merge.

Pedestrian Crossing: The sections that are divided with signs for pedestrians to cross the streets safely.

Underpass: An intersection formed by a section or road passing under another road.

One-way Road: Roadway that traffic flows in only one direction.

Two-way Road: Roadway in which vehicular traffic can move in either of two directions.

Divided Highway: A highway divided down the middle by a barrier that separates traffic going in different directions.

Motorway: main road for fast-moving traffic, having limited access, separate carriageways for vehicles travelling in opposite directions.

8. Traffic Rules

As there are hundreds of people and vehicles on the roads moving to some where, the rules that must be obeyed to arrange the flow and ensure safety, are named as *traffic rules*.

9. Traffic Signs

The special signs that are positioned on needed sections of road in either horizontal or vertical structure, to arrange the traffic flow are named as *traffic signs*.

10. For what purpose the Traffic Signs are used?

Traffic environment is constantly in motion and the movement of vehicles and people seriously affect each other. They should be able to predict how the others would act.

Traffic signs are important for us to eliminate all uncertainties; such as the "Red Light" is on for the vehicles, so as pedestrians we can cross the street", "the vehicle signalling for left, will slow down soon and will turn to the left at the next junction".

With the help of these signs, we can eliminate the uncertainty of the traffic environment to a large extent and we can take necessary measures for potentially dangerous situations. Failure to comply with traffic signs can make it difficult for other drivers and pedestrians to take measures for dangerous situations.

Traffic signs are a common language for the drivers and pedestrians in the traffic environment. For traffic safety to use this common language of signs correctly is very important.

11. Traffic Lights

These are fixed or portable lighting tools that are used to organize the traffic. Traffic lights are an extremely useful technology product to regulate the traffic flow at busy junctions, to make our lives easier and save time.

12. Traffic Lights for Vehicles

From top to bottom, the lights are in red, yellow and green colours respectively.

The red light means the road is closed for the path,

The yellow light after the red light means the road is about to open up for transition,

The green light means the road is open for transition path,

The yellow light after the green light indicates a preparation to stop; it means the red light will be on soon (pass, if you passed the stop line, otherwise stop).

The lights with arrows indicate the road in the direction is open if it is green or closed if it is red.

Single flashing red light means stop at the junction and pass; the flashing yellow light means slow down closing the junction, and continue carefully. The drivers must get used to look at the lights controlling the path they are travelling. Looking at the other signs may cause a mistake when there are other distracting factors; and such mistakes may lead to accidents.

13. Traffic Lights for Pedestrians

The traffic lights for pedestrians are in red and green colours. There may be pedestrian figures in these lights.

The red light indicates that the road is closed for pedestrians. When the red-light is on, the pedestrians are prohibited to come down the path. They should wait at the pedestrian walk until the green light is on. The green light indicates the road is open for pedestrians and they can cross the street.

14. Let's learn the traffic signs related to pedestrians

Pedestrian Crossing

This plate is to warn the drivers for likely dangerous situations. It indicates that the drivers should reduce speed and give the right of way to pedestrians to cross the street. The pedestrians may use the places with such signs to cross the streets.

School Crossing

These are to indicate the areas designated specifically for students to cross streets in the vicinity of schools.

Similar to the pedestrian crossing, this sign is also to warn the drivers for likely dangers. It tells the drivers that they are approaching a school gate and they should reduce speed and

give the first right of way to the students to cross the street. Students can pass across safely at places with this signpost.

To go to school, home, shopping and similar places, you should prefer the safest way, not the shortest.

Learning and obeying the traffic rules is the only way to protect your self from traffic accidents.

15. Where are the appropriate places to walk?

We should always walk on the pedestrian walking areas of streets.

We should take the **right-hand** of the sidewalks.

We should be careful as there are other pedestrians walking on the sidewalks.

When we have to walk on the streets without sidewalk, we should prefer the right edge of the road. Because the vehicular traffic is running on the left hand, if we walk at the left edge of the road, vehicles travelling in the same direction remains behind us and we can not see them. Walking from the right, we can see the vehicles in front of us and in case of a danger we can rescue ourselves

16. How should we cross the streets?

We should stand at the edge of the sidewalk before we step in the road.

We should check first the right, then left and again the right; if there is no vehicle coming, or if at a far distance, we should cross the street with quick steps, in a perpendicular way to the road.

We should check the left hand side again when we reach the middle of the road, and continue to cross with quick steps.

17. Where should we cross the streets?

At pedestrian crossings,

At School crossings,

At places where there is traffic police,

At places with traffic lights,

If none is available, we should prefer the corners, as we will be able to see the vehicles coming from all directions.

18. People Controlling the Traffic and Their Duties

Traffic Police

Traffic police is a qualified person to control, inspect and arrange traffic and to deliver preventive safety services. Traffic police arranges and ensures proper the traffic flow.

Duties and Power

- To inspect the vehicles, documentation and tools that should be kept in vehicles, drivers and related documents, if the drivers and others using the roadway conform the traffic rules and if the traffic arrangement and traffic control facilities are appropriate or not;
To regulate and manage traffic flows;
To prepare the records for the traffic accidents;
- To prepare official reports for those who violate the traffic rules and follow up relevant procedure;
- To facilitate necessary precautions for those who are injured as a result of road accidents and inform their relatives;
- To keep the records of the vehicles and drivers, to process technical and legal changes; to collect and evaluate statistical information;
- To collect and evaluate statistical data and information on the factors causing road accidents. Based on the available data to propose necessary precautions to related organisations.

How to Recognise Traffic Police

Traffic Police wear similarly to the other policeman.

In winter they wear dark blue suits, white shirts, black ties and black shoes.

The only difference with the other police is the white hat traffic polices wear. They also have coat of arms.

Summer attire is dark green pants and beige shirt. They wear white hat and coat arms in summer too. On rainy days they use black and white raincoat.

19. Numbers and Distinctive Signs on the Vehicles

Traffic Registration Plates

There is a unique registration number for the vehicles in traffic. This number is written in the front and rear plates on the car.

20. Basic Traffic Information

Lane

It is a section of road for vehicle to move safely in a row.

Stopping

It is stopping of the car for any traffic related reason.

Stopover

It refers to stop the vehicle for a short time, not for an obligatory reason, but for a reason like discharging passengers, loading or unloading goods, etc.

Parking

The act or practice of temporarily leaving a vehicle or manoeuvring a vehicle into a certain location.

Shoulder

On a roadway without an allocated pedestrian path, the section between the edge of carriageway and the top edge of the inner trench, naturally for use of pedestrians and animals, where it is necessary for use of vehicles.

Main Road

It is the roadway on which main traffic is flowing, where it's designated by signs that the vehicles coming from the connecting roads, as they enter, should give the right of way to the vehicles already on this road.

Secondary Road

It is the roadway with less intensive traffic compared to the road it is connected.

Right of Way

It is the right of first use of the road for pedestrians or vehicles compared to the others.

Priority right of way

Provided that they are on duty, it means certain drivers and vehicles are not obliged to traffic restrictions and bans as they do not put the others in to danger.

Road Accident

It is an event causing fatality, injury or economic loss, in which one or more vehicles on the roadway are involved.

21. Which traffic signs should we know?

We are in traffic as a pedestrian, bicycle rider, driver or passenger. Let's recall the signs that we should know and save ourselves. Let's inform the officers if there is any missing sign on the roads with the help of our elders.

Pedestrian crossing sign: It indicates the pedestrian crossing that we can use to cross the streets.

Road is closed for vehicle traffic: It indicates the sections of road where vehicles can not enter. We should be careful as if there is no physical barrier on the entry of the restricted road, vehicles may enter on permit or illegally. Permit must be indicated by time intervals on the panels placed under the restriction sign.

Junction sign is the indication of a couple of roads intersect.

Signalisation: It indicates that there is signalisation at the approaching crossing or junction.

Bicycle way: It indicates the road section which may be used by bicycles.

Attention Sign: It is used to draw attention of especially drivers and inform them about a special situation. Fire, police, hospital, etc.

22. Obligations for Pedestrians in Traffic

The actors in the quickly changing traffic environment are all these drivers, pedestrians and passengers. However, everybody is a pedestrian during some hours of the day. The drivers and passengers, as they get out of the vehicles become a pedestrian. Careless attitudes may cause road accidents. To eliminate this risk, people must take the responsibility of being a pedestrian in traffic, must learn the rules they should obey as a pedestrian and be a good model for the others.

The sidewalks of the roadway are allocated to the pedestrians for walk. However there may be road sections without a sidewalk. Pedestrians should take necessary precautions in both situations.

Sections of Road for Pedestrians

Pedestrians must use the right side of the road in the direction of travel and be careful about not to restrict the other pedestrians using the road. Pedestrians should walk on the sections allocated to them without stepping in to the section allocated to vehicles. This not only safe for pedestrians, but also in this way they do not distract the drivers on the road. Especially for crossing the street, pedestrians should not step in to the road until the traffic conditions are convenient.

Taking right side on the roads without a side walk

If there is no side walk on the roadway, the pedestrians should use the right edge of the road in the direction they are walking. Walking from the right edge, they will be able to see

the vehicles travelling in the left lane in the direction they are travelling and they have a chance to secure themselves if necessary.

Precautions to be taken when it gets dark

If you need to go out as a pedestrian after it gets dark, you must be wearing light colour clothes. You should hold a reflector or a flashlight, but carefully not to distract the drivers with the flashlight.

Everybody should take responsibility and take necessary precautions for the conditions they are in to ensure road safety.

How to use the road, if there is no walking edge

If there is no edge or sidewalk on the road, pedestrians should take the very right section of the road in the direction they are walking. They should be careful about not to use a large section of road and not to distract the drivers.

Dangers of stepping in to the vehicle section of road without control

Main pedestrian mistakes are due to self absorption, and behaviours done in rash. Stepping in to the road of vehicles without a control is among the main reasons of road accidents resulting in pedestrian injury or fatality. Kids and youngsters are prone to behave this way. So educating them on how to use the roadway is very important and should be done by family members, teachers and other people around.

We should always remember that we are using the road as a pedestrian when we are travelling from somewhere to another for a purpose. As we are aware of this situation and the risks, we will remember the responsibilities we have and behave correctly.

Crossing Cautions

We may need to cross a street for any reason. Pedestrians must do this without causing any danger for themselves and for the others around. The rules explained should be obeyed to ensure this safety.

Rules to cross a street safely

School crossings, pedestrian crossings, subways and overpasses are the places for pedestrians to cross a street safely. These places must be preferred and crossing the street should be completed in as short as possible time.

Dangerous points to cross a street

The sections without a place allocated for pedestrians to cross a street are dangerous places for this purpose. In addition top of hills and windings are dangerous places to cross as the drivers of the coming vehicles can not see the pedestrians crossing.

Safe places to cross a street

The places with traffic light or controlled by a traffic police are safe places to cross a street.

Selecting appropriate places to cross a street

Pedestrians must select the safest area to cross the streets. However, if there is no special arrangement to cross, they should be sure that the vehicular road is convenient and cross the street as quickly as possible.

Crossing a street at traffic lights or from the places controlled by a traffic police

We must be sure that the vehicular road is convenient to cross. In one-way roads, we should control the direction vehicles are coming and at the appropriate time interval we should cross the street.

In the two-way roads we should stand at the side walk or at the edge of the road and check the right, left and again right in sequence, be sure that the traffic is appropriate to cross and then step in the road.

As we reach the middle of the road, we should check again the coming vehicles and complete crossing. Even if we are in a hurry, we as a pedestrian should never be in a hurry and careless in crossing streets.

Simple estimation of time needed to cross

Time needed to cross a street depends on the walking speed of the pedestrian and the width of the road to cross.

An adult can cross a 20 m wide road in 15-20 seconds.

So the pedestrians should consider their own walking speed, personal conditions affecting walking speed and the width of the road; then step in the road as he/she becomes sure that he/she can cross safely.

Considering the distance the vehicles will travel during the time of crossing the street

Pedestrians determine the time needed to cross the street taking into account the vehicles on the road and their speeds. The maximum speed limit of vehicles on roads within the city is 50 km/h. This means a vehicle travelling at the allowed maximum speed takes 14 meters per second. It should be kept in mind that there are many drivers violating the speed limits.

For a safe crossing the pedestrians must take in to account:

The width of the road,
their own pace and
speed of the vehicles.

Every pedestrian must be careful; and he/she must step in to the road from the pedestrian walk area, as he/she becomes sure that he/she can complete crossing safely.

Risks of passing in front, through back of or in between stopping vehicles

As stopping vehicles make it difficult for the drivers travelling on the road to see the pedestrians, crossing the streets by stepping in to the road passing in front of, through back of or in between stopping vehicles, is very dangerous.

Pedestrians, to see vehicles coming, should not be behind any obstacle (car, tree, winding, other people, etc.), and see a sufficient length of road. They can cross the street safely, if there is no vehicle at a close distance.

The pedestrians, drivers and passengers must be aware that they are using the road along the others either in a vehicle or out; and they must be able to see them, as they pay attention to be visible to others in order to ensure road safety.

Right of way between pedestrians and vehicles

The first right of way on primary and secondary roads belongs to the vehicles (if not regulated by traffic police, traffic lights, warning signs or road lines). Pedestrians should wait for the vehicles use their right of way especially on inclined sections as vehicles' abrupt stop and hill start may be dangerous.

Order of precedence

Pedestrians using the roadway should obey the orders of the traffic police in charge of regulating the traffic.

If there is no one in charge of traffic regulation, the order of precedence is as follows:

Traffic lights,

Traffic signposts,

The road lines.

Traffic signs indicate the rules and conditions of use of roadway. For road safety the pedestrians must know the meanings of the traffic signs and comply with the warnings.

There may be road lines indicating areas designated for pedestrian crossing on the roadway. In such areas right of way belongs to the pedestrians. The vehicles should stop if necessary and wait for the pedestrians to cross safely.

23. Where are safe places to play?

Children should play in;

Empty fields,

Parks for kids,

Gardens,

School gardens.

Streets are definitely not appropriate places to play.

24. Responsibility of drivers in traffic

People who drive motor vehicles on the roadway are called drivers.

Drivers should be fully informed about the vehicle they are driving, should have received necessary training for this purpose, should be properly conditioned for driving and should know and obey the traffic rules.

Drivers who are aware of their responsibility know how critical the task they are undertaking is. Obeying the traffic rules as a responsible driver decreases accident risk of both the driver him/herself and the others around.

Rules to Stop, Stop over and Parking

Stop: Stopping a moving car due to red light, stop warning of the traffic police or closure of roadway to traffic, etc. By definition, stopping here is not on demand, but obligatory.

Stop over: Stopping of a car not for an obligatory reason, but for discharging passengers, for loading or unloading goods or just for waiting for a short time (around 5 minutes).

Places where stop over is banned:

These areas are:

Where stop over is banned with a traffic sign,

Right lane,

Pedestrian or school crossing,

Places close to top of hills or windings where visibility distance is limited.

Parking: It is the act of stopping a car situation of obligatory stop or stopover.

If stop over period exceeds 5 minutes, it means parking.

Areas where parking is banned:

Where stop over is banned,

Where parking is banned with a traffic sign,

On and around the crossing areas,

Within 15 m distance in both directions of traffic signs indicating mass transportation vehicles,

On the roads with three or more lanes, if there is no warning for the opposite, on the lanes except the very left lane in the direction of traffic flow,

Within 15 m distance of the traffic signs indicating entry or exit of the priority vehicles,

Except the unavoidable circumstances, on the roadway which are not in residential areas.

25. responsibility of the passengers in traffic

The first large group of people in traffic is pedestrians and the second is passengers. Passengers are people travelling on appropriate seats of vehicles and they have certain responsibilities too. Passengers should be aware of such responsibilities and refrain from attitudes that put their, driver's and other people's life in to danger.

Cautions for getting in to and out of the car

Left door (except the driver) of the vehicles must be used for getting in to and out of the car. Using the right door, which is normally at the side of flowing traffic, may be distracting for the other drivers, may put the traffic flow in to danger; and accordingly may be dangerous for the passenger. As passengers use the left door of the vehicle, they do not distract the other drivers and generate any dangerous situation.

If different doors are allocated for getting in to and out of the car, these doors should be used according to rules.

If same door should be used for getting in to and out of the vehicle like metro, those who get out have the first right of way.

For entering a metro station, in the moving stairway, you should be standing at the right of the way in the direction of movement. The left side is for those who prefer to walk and get faster. The elevators in the metro stations are for elderly, pregnant, handicapped and sick people and people with children. If you do not need them, you shouldn't use.

For getting in to and out of any vehicle, you should wait for it to fully stop. Those who are not behaving according to rules should be kindly warned.

Cautions for travelling in the vehicles

Drivers and passengers must wear seat belts in private vehicles. Wearing seat belt protects the passengers in case of an accident from jumping out of the car and hitting the windows or parts of the vehicle; and in this way decreases the risk of injury or fatality. Especially

youngsters have a tendency to violate such rules. They should be aware of this situation and should exert themselves as any other people to behave according to rules.

If you are travelling in a public transportation vehicle on foot, you should be holding the arms firmly. You should give your seat to pregnant, elderly, sick or handicapped people or people with children. If they need you should be helping these people as they get in to and out of the vehicle. The mobile phones must be kept switched off during the journey not to disturb the other passengers and not to distract the driver. Violation of these rules may disturb the other passengers and may cause accidents.

Dangers of travelling with drop head vehicles and over the loaded goods in vehicles

There are certain rules for passenger transportation. Vehicles must be specially built for this purpose. These vehicles are subject to inspection based on a set of criteria related to transportation service, number of passengers, condition of the vehicle, qualifications of the driver, etc. However, especially in rural areas drop head vehicles may be used for transporting labour, though it is banned.

The risks of travelling in such vehicles is falling down or hitting the bridges, signposts or trees. Any small crash which is unlikely to hurt a passenger inside the car may cause serious injuries or fatality of passengers travelling over a loaded good or in a drop head vehicle, which is not suitable for passengers. Simply a simple crash may result in fatality.

What do the passengers do for safety?

Travelling in an automobile is usually enjoyable. Most of us like travelling. It is the driver who holds the main responsibility for safety. However, there are some responsibilities of the passengers and these help the driver to make the journey safer.

Our first responsibility as we travel with our elderly is to sit at the rear seat and wear our seat belt. Some of us may need using a separate restraint seat or lifter seat. If we do not use it, though it is needed, the seat belt may not be enough to protect us.

Should we have a conversation during the journey? How possible to spend the time without having a conversation? We do talk, but we must be careful not to distract the driver.

Our main duty in the vehicle is to maintain our safety and refrain from behaviours that may be distracting for the driver.

Cooperation with the driver may be warning him/her on the issues that he/she did not notice, but may be keeping silence time to time.

26. Cautions for biking.

We should first know the traffic rules relevant to biking before taking the road.

Having light colour clothes when biking will help the drivers see us. For this reason we should prefer light colour clothes and if possible with phosphoric bands on it.

Riding a bicycle at night may be dangerous. If we need to ride a bike at night, we should have an elderly with us. There must be lights and reflectors in the front and back of our bicycle. We may have reflectors on our shoes, helmet and clothes also; these help other drivers see us.

27. Riding a bicycle

We should definitely wear our helmet while riding a bicycle. The helmet will ensure our head and brain are safe. We should ask our elderly to check if the helmet is fixed properly or not. The helmet should cover our forehead fully and at a 2 inch distance from our brows.

Riding a bicycle is enjoyable and a useful sport. However, if we do not obey the rules, it is very risky.

28. Safe bicycle

Size and model of the bicycle must be in accordance with our length, weight and age; and the saddle must be fixed at an appropriate height. We should check the market and be sure that the bicycle we will ride is appropriate for us.

There must be reflectors in the front and at the back of the bicycle.

The chain must be clean and lubricated.

Brakes! They should be controlled and functional.

The tyres must of appropriate size and pressure.

Besides these precautions, the helmet should always be on our head while biking.

Helmet is a safety tool that suits kids very well!

29. First Aid

First aid is a non-medical practice to save sick or injured people quickly at the place of the event with the means and tools available around.

30. Aim of first-aid

- a. Saving lives
- b. Keep the existing conditions and help not to get worsen
- c. Prevent disability

31. Who can undertake first-aid?

Those who participated the first-aid training and received “First-aid Certificate” can undertake first aid in accordance with the definition above without using any medical tool, but the existing tools and means until the health care team arrives.

32. What are the main practices of first-aid?

Protection, reporting, saving (PRS).

Protection: It is to determine the potential dangers in the event area and create a safe environment.

In an event necessitating first-aid;

- Firstly safety must be ensured for your self and those injured,
- If safety can be ensured, the injured or sick people should not be moved,
- Living conditions of the sick or injured people must be examined,
- Those who are unconscious, who have breathing problem, circulatory disorder or bleeding must be determined and helped first or the health team must be informed;
- In case of bleeding, hand scarves must be used, if possible to protect from Hematite B, C and HIV/ AIDS.

Reporting: In case of an accident or sudden sickness, 112 must be called quickly for medical support and the situation must be reported. If necessary fire department (199) and Police (155) may also be called.

Saving: Intervention with the sick or injured people at the event place must be done quickly, but in a calm and conscious way. First-aid depends on the examination of the conditions of the sick or injured.

33. Basic Information

If you do not know first-aid, you should never touch or move the injured or sick people.

Do you know first-aid covers all these areas?

Congestion in respiratory tract, impaired consciousness, bleeding, ambustion, freezing, breakage, sprains and strains, animal bites, insect sting, injury, poisoning, foreign body in eye or ear, moving sick or injured, stricture, first-aid kit, etc.

You should attend the first-aid courses to learn more and to save lives. Demand for it...

The institutions that may help you with this are:

- Medical institutions
- Civil Defence Organisation
- Road Accidents Prevention Association

34. Using the immediate aid phones

When you call 112 for first-aid a health officer informed on first-aid will take your call. Any piece of information that you will provide in calm, without panic “saves life!” These are:

1. Exact location and address,
2. Description of the event,

3. Number of sick or injured people,
4. Their condition,
5. Your name,
6. The number of phone you are calling,
7. Information on the aid delivered and the means available at the event place.

Don't forget: Any piece of information you will provide calmly and without panic "Saves Life".

LET'S KEEP THESE IN MIND

Strolling around in a car is enjoyable. However, we should be sure that we are safe as we enjoy this. You should ask your elderly to check if you are sitting safely and properly fixed in the car. You should also ensure that your elderly wear seat belt and warn them if necessary.

You should be sitting at the rear seat if you are younger than 12 years old. Rear seats are the safest place for you.

If you are younger than age 10, you should ask help from elderly to cross a street. You shouldn't try to cross alone.

Before you step in to the road to cross a street, you should first check right, than left, and again right, be sure that there is no vehicle coming, hold hand of your elderly and cross the street. When you reach the middle, check left hand side once more.

To get on the shuttle bus, you should be at the station 5 minutes before the estimated arrival time of the shuttle. You should be at least 5 large steps away from the street. You should wait for the shuttle to fully stop in order to get on. You should be sure that from your backpack or clothes, there is nothing hanging down, which may cause you to squeeze into the door.

If you are to cross the street passing from the front of the shuttle, e should take 5 large steps forward; check right, than left and right again to cross the street.

Never try to cross the street through the back side of the shuttle.

DO YOU KNOW THESE?

The right of way belongs to vehicles when you intend to cross a street.

Traffic runs from left in our country.

If there is no sidewalk on the road way we should be walking at the right edge of the road.

The duration of red and green lights in traffic is adjusted according to the intensity of traffic.

The yellow light is on only for 3 seconds.

For children below age 12, sitting in the front seat of vehicle is legally banned.

**LET US TEST OUR SELF –
WHAT DID WE LEARN?**

Let's test ourselves

1. What is the name of the two wheeled vehicle with an internal combustion engine?
 - A) Automobile
 - B) Bicycle
 - C) Bus
 - D) Motorcycle**
2. Who is called Pilot?
 - A) Those who drive an automobile
 - B) Those who drive trains
 - C) Those who operate an aircraft**
 - D) Those who are in command of a ship
3. Which of the below is not an element of traffic?
 - A) Traffic light**
 - B) People
 - C) Vehicles
 - D) Road
4. Which of the below is wrong?
 - A) We should walk over the side walks.
 - B) We should walk from the right side of the sidewalks.
 - C) Considering the other pedestrians using the side walk we should be careful.
 - D) If we have to walk on the roads without any side walk, we should walk from the left side of the road.**
5. How do you define that as long as they do not put the others in to danger, some vehicles do not have to obey some traffic restrictions and bans, if they are on duty?
 - A) Right of way
 - B) Priority right of way**
 - C) Junction
 - D) Shoulder

6. How do you define stopping a car for a short while for a reason except the traffic conditions like discharging or taking passengers, loading or unloading goods?
- A) **Stopover**
 - B) Parking
 - C) Stop
 - D) Lane
7. Which of the below is the first in the order of priority the pedestrians on the road must obey?
- A) Signals of the traffic lights
 - B) Meaning of the road lines
 - C) **Orders of the traffic police**
 - D) Traffic signposts
8. Which of the below is not an appropriate place to play?
- A) Empty lads and fields
 - B) Parks
 - C) Playfields
 - D) **Streets**
9. Which of the below is not among the aims of First-Aid?
- A) To save life
 - B) To protect the situation
 - C) **Medical treatment**
 - D) To prevent disability
10. What is the hone number for Medical Care?
- A) 118
 - B) 155
 - C) **112**
 - D) 171

GAMES

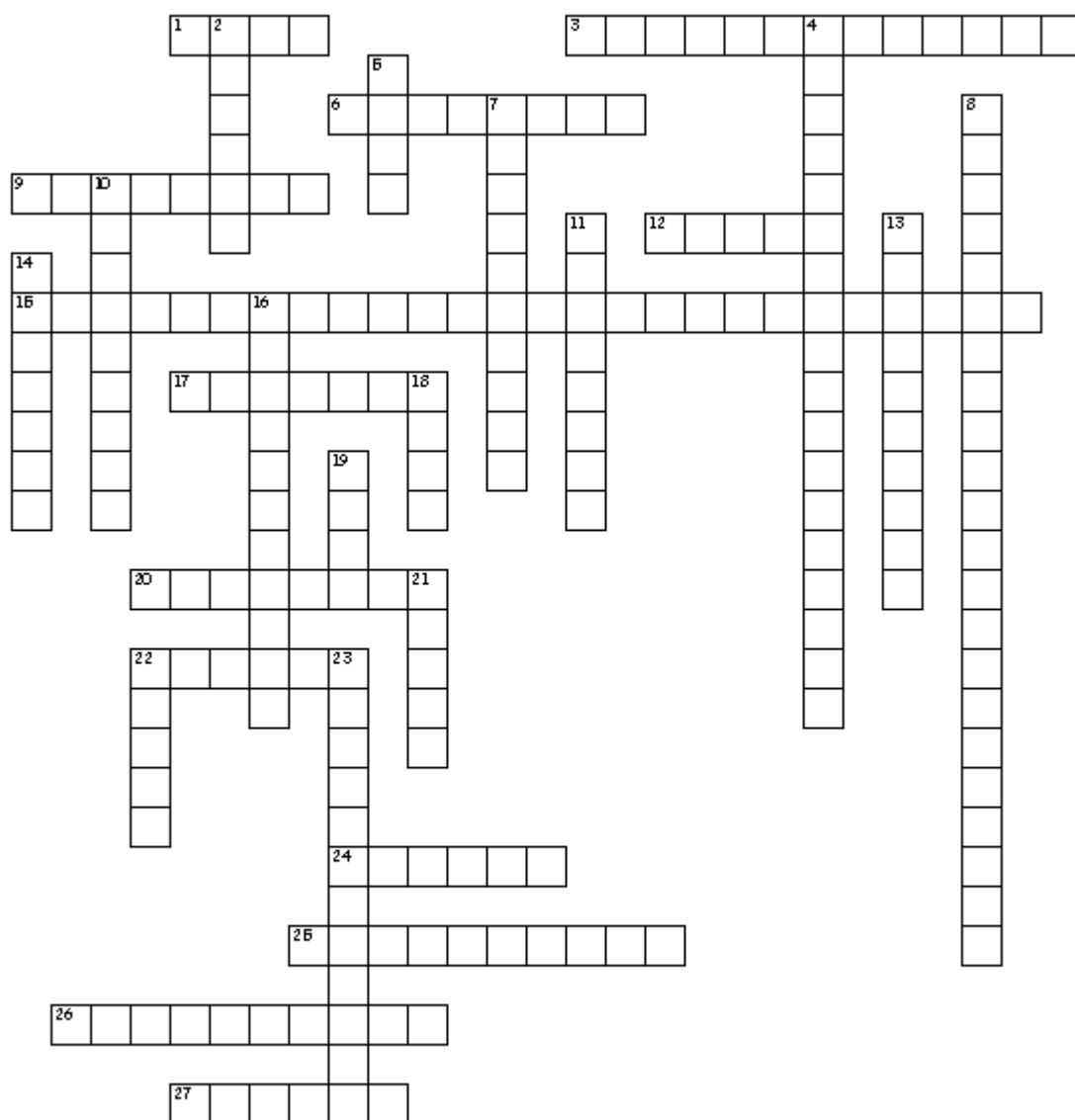
Let's solve cross word puzzles and Promise

Left to Right

1. The place vehicles should be positioned to stop.
3. Fastens us on the seat and to life (two words)
6. Vehicles with or without a motor travel over
9. A vehicle without a motor
12. Traffic police uses to warn vehicles and pedestrians
15. An automotive passive restraint consisting of a bag that is designed to inflate upon collision and prevent passengers from pitching forward (two words)
17. World-wide famous car race
20. Vehicle with priority in traffic
22. Identity card of vehicles
24. Large vehicle for transportation of goods
25. Two-wheeled road vehicle
26. Name of the section of road with lines, on which pedestrians cross safely (two words)
27. Measurement unit for level of alcohol in blood

Top Down

2. A petroleum derivative road cladding, generally in black colour
4. Signs placed on roads to warn the drivers and pedestrians (two words)
5. Person without a vehicle in traffic
7. Colour of the light with the meaning "pass"
8. Colour of the light with the meaning "stop"
10. Motto of the traffic campaign in the northern part of Cyprus (two words)
11. The first direction we should check to cross a street
13. Name given to person who controls a road vehicle
14. Certification required for driving a vehicle
16. The institution to train those who wants to receive driving license (two words)
18. The seat that kids travelling in a car should be placed
19. Collision of vehicles
21. It is used as a warning tone by the vehicles with priority in traffic
22. Name of the equipment to measure driving speed in traffic
23. The policeman authorised to control traffic (two words)



Answers

Red – Colour of the light meaning “stop”

Seat Belt – fastens us to our seat and life (two words)

Right - The first direction we should check to cross a street

Pedestrian cross - Name of the section of road with lines, on which pedestrians cross safely (two words)

Traffic Police - The policeman authorised to control traffic (two words)

Rear - The seat that kids travelling in a car should be placed

Ambulance – Vehicle with priority in traffic

Green - Colour of the light with the meaning “pass”

Roadway - Vehicles with or without a motor travel over

Truck - Large vehicle for transportation of goods

Whistle - Traffic police uses to warn vehicles and pedestrians

Siren - It is used as a warning tone by the vehicles with priority in traffic

Traffic Sign - Signs places on roads to warn the drivers and pedestrians (two words)

Driver - Name given to person who controls a road vehicle

I Promised - Motto of the traffic campaign in the northern part of Cyprus (two words)

Driving School - The institution to train those who wants to receive driving license (two words)

Formula - World-wide famous car race

Motorcycle – Two wheeled road vehicle

Accident - Collision of vehicles

Pedestrian- Person without a vehicle in traffic

License - Certification required for driving a vehicle

Registration – Identity card of vehicles

Radar - Name of the equipment to measure driving speed in traffic

Promile – Measurement unit for level of alcohol in blood

Asphalt - A petroleum derivative road cladding, generally in black colour

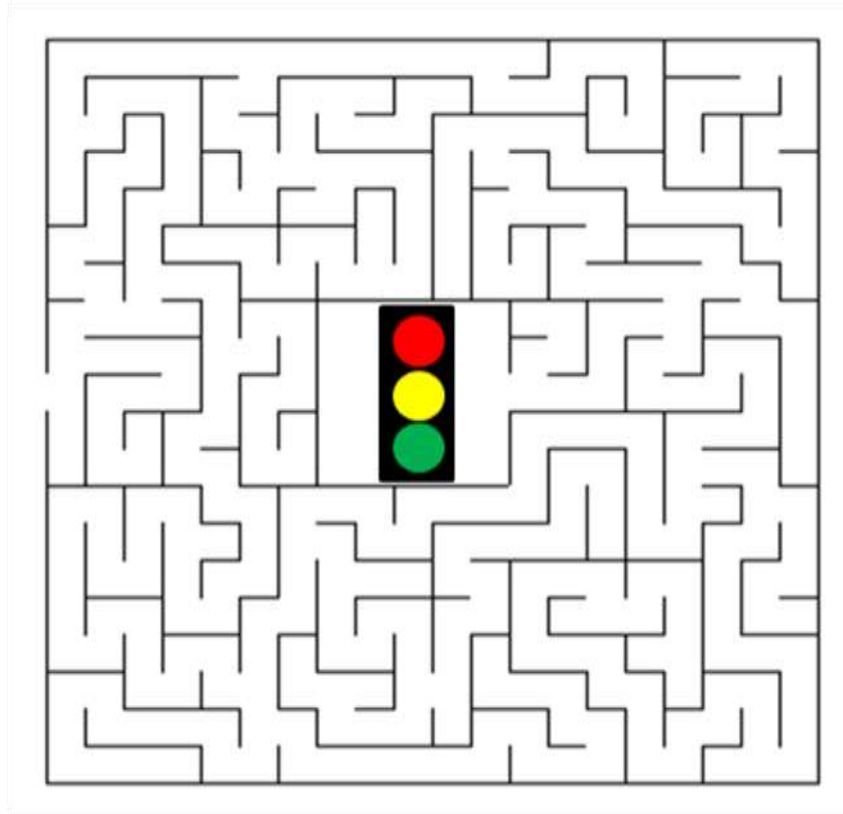
Park - the place vehicles should be positioned to stop.

Airbag - An automotive passive restraint consisting of a bag that is designed to inflate upon collision and prevent passengers from pitching forward (two words)

Bicycle - A vehicle without a motor

"I Promised" to Obey the Traffic Rules

Let's find the way to the traffic lights in the labyrinth.



Traffic

Will you be able to identify below words among the letters below?

AIRLINE
AUTOMOBILE
BALLOON
BARGE
BIKE
BUS
CANOE
CAPTAIN
CAR
DRIVER
ENGINEER
FERRY
FREIGHTER

GLIDER
HELICOPTERS
HUMAN
JOURNEY
METRO
METROBUS
MINIBUS
MOTORCYCLE
PASSENGER
PEDESTRIAN
PICKUP
PILOT
RAIL

ROAD
SAILING
SEA
SEABUS
SHIP
STATION
SUBMARINE
TELEFERIK
TRAIN
TRAKTOR
TRAM
TRUCK
UCAK
ZEPLIN

N X M P H V E V E B S T P T K B S M N F
C M D U N N S N I L P U R I F V U I A E
M Z M R I E I K U A I A B A H C B N I R
F A U L I R E H S H K B F O I S A I R R
N R R R A V V S K T H D O S R N E B T Y
J I E M S P E B O E T I N M E T S U S T
A N B I U N N R L K C U R T O A E S E E
Y U V K G G T I E L C Y C R O T O M D L
S A C E Z H C H I Z L I T R E N U P E E
M I R Y E O T G L I D E R L I A R A P F
P E V Q P W J E R N P I L O T C W E M E
G W E T L X D Y R O F C M M S Q F G L R
R E E N I G N E R O S T A T I O N R Z I
J R G W N R D T C L N R G P F C S A K K
S L E Q P D E F H L T D B N T E Q B M B
G L F V F M X B R A U A U U I A O L P E
P M N L U D X M N B T O S C C L I N E P
U C A K N I M Z N Y V R K A L S I N A C
Y Z Y M D I Y E N R U O J Q L P E A A C
H Z R E D G M A Y W W P H V G X E R S X

SOLUTION

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+ + + + H + E + E B S T P T + + S M N F
+ + D U + N + N I L P U R I + + U I A E
+ + M R I + I K + A I A B A H + B N I R
F A + L I R E + S + K B + O I S A I R R
N R R + A V + S + T H + O S R N E B T Y
+ I E M + P E + O E + + + M E T S U S T
A + B I U N + R L K C U R T O A E S E E
+ U + K G + + I E L C Y C R O T O M D L
S + C E Z H C H I Z L I T R E N U + E E
+ I R + E O T G L I D E R L I A R A P F
P + + + P + + E + N P I L O T + + E + E
+ + + T L + + + R O + C + M + + + G + R
R E E N I G N E R O S T A T I O N R + I
+ R + + N + + T + L + R G P + + + A + K
S + + + + + E + + L T D B N T E + B + +
+ + + + + M + + + A + A U + I A O + + +
+ + + + + + + + + B + O S + + L I N + +
U C A K + + + + + + + + R + + + + I N A C
+ + + + + + Y E N R U O J + + + + A A C
+ + + + + + + + + + + + + + + + R S +

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AIRLINE (1, 7, NE)

AUTOMOBILE (18, 10, NW)

BALLOON (10, 17, N)

BARGE (18, 15, N)

BIKE (10, 1, SW)

BUS (13, 15, S)

CANOE (20, 19, NW)

CAPTAIN (12, 12, SE)

CAR (20, 18, SW)

DRIVER (3, 2, SE)

ENGINEER (8, 13, W)

FERRY (20, 1, S)

FREIGHTER (1, 4, SE)

GLIDER (8, 10, E)

HELICOPTERS (11, 5, SW)

HIZLITREN (8, 9, E)

HUMAN (5, 1, SW)

JOURNEY (13, 19, W)

METRO (6, 16, NE)

METROBUS (18, 8, NW)

MINIBUS (18, 1, S)

MOTORCYCLE (18, 8, W)

PASSENGER (11, 2, SW)

PEDESTRIAN (19, 10, N)

PICKUP (1, 11, NE)

PILOT (11, 11, E)

RAIL (17, 10, W)

ROAD (12, 18, N)

SAILING (19, 20, NW)

SEA (14, 5, SE)

SEABUS (17, 6, N)

SHIP (16, 4, NW)

STATION (11, 13, E)

SUBMARINE (1, 9, NE)

TELEFERIK (20, 6, S)

TRAIN (12, 1, SE)

TRAKTOR (14, 1, SW)

TRAM (11, 15, NE)

TRUCK (14, 7, W)

UCAK (1, 18, E)

ZEPLIN (5, 9, S)

SECTION 2 – GUIDELINES for PARENTS and TEACHERS

Let's Teach Children to Get On and Off the Vehicles Safely

Please take any opportunity to explain below issues to your children and warn them to be careful in vehicles:

Getting on and off the shuttle bus may be very risky. Teach them how to select safe places to do this. Guidance of the shuttle driver helps, they should ask for;

To get off the shuttle, they should check if there is any vehicle closing from the front or rear side of the shuttle before stepping on the roadway;

After they get off the shuttle, if they needed to cross a street, they should go towards the street from the front side of the shuttle and if their position allows to see the face of the shuttle driver, they should wait for the driver confirm the road is safe to cross;

Before they step in to the street to cross, they should stop at the corner of the bus, be sure that traffic conditions are appropriate to cross, by checking the right side first and the left side next and cross the street, if there is no vehicle closing;

Children should be accompanied to go to the shuttle stop and to be there on time. They should wait either at the sidewalk or at the bus-station. If none is available, they should wait at the edge of the road, not on the road;

They should refrain from behaviours that may distract the driver. If necessary they should warn the driver to concentrate on the road;

If any of the belongings drops next to the vehicle, they should ask support of the driver to pick it up.

In addition, you should be careful about the followings:

Be sure that the clothes or backpack of your children does not have anything, which generates a risk of tripping or entrapment;

With your vehicle, you should refrain from passing from the left side of the shuttles, as the children may be getting on or off from this side.

LET US KEEP IN MIND:

Children are willing to be free between ages 5 to 10. They like walking, biking and playing outside. However, it is not easy for them to get adapted to the traffic conditions. They only start to learn the traffic rules.

Parents may have a wrong perception about the capability of their children and may think they can behave safely in traffic. Until age 10, children can not perceive the risks.

Boys are more risk prone compared to girls.

Bicycle is a vehicle. Children should not be allowed to ride a bicycle alone on roads unless they are at an age to fully understand and obey the traffic rules;

Children may behave without thinking and beyond the expectations of their parents and drivers;

Children assume the drivers see them, as they see the drivers;

They can not estimate the speed of the vehicles and assume they can stop quickly;

As they are not tall enough, children may not be seen from the cars, busses and the other vehicles.

BE SURE THAT

YOU DEFINE

the limits for your Children.

You should determine the limits of your child: where to walk, where to ride a bike. You should not expect them to take this responsibility and behave safely in traffic until they are 10 years old;

You should ensure that they gain the habit of walking safely;

You should teach your children to cross a street safely and allow them to apply it at your presence;

Identify safe places to walk and to ride a bicycle;

These safe places are parks and play fields at a distance to streets and car parks.

BE A GOOD MODEL

Children learn by watching their parents and other grown ups. To be a good model, you should cross the streets obeying the traffic rules or wear helmet when you ride a bicycle, obey the speed limits while you drive, and wear your seat belt.

CHILDREN ARE NOT SMALL ADULTS

They can estimate neither the distance to the closing vehicle nor its speed correctly;

They move very fast and may carelessly jump in to the street;

They do not know the safety rules and assume the grown ups are looking after them;

As their height is small, it is mostly difficult for the drivers to see them;

You should continuously observe them;

Especially when you are close to the parked or moving vehicles, you should be very careful and be just next to them instead of watching at a distance. While you are walking at the side walk, you should always hold their hands.

You should keep talking about the road safety to them while you are walking on the roads together.

You should teach them how to stand at the corners and how to check the traffic situation and see the closing vehicles.

However, do not expect your child to do what you explain him or herself.

Ensure that your children wear helmet as they start to ride a tri-wheeled bicycle. Habits gained at young ages continue later. Wearing a helmet decreases injuries in accidents by bicycles by 85%.

Set the rule: **No helmet means no bicycle!**

CARRYING YOUR CHILDE SAFELY IN A BICYCLE

Never carry your baby younger than age 1 in your bicycle. Head of babies is not strong enough to wear a helmet, neither their dorsal to sit up.

The rider of the bicycle should be experienced enough to carry a child in the bicycle.

Parks, roads allocated to bicycles and streets without intensive traffic are safe places to ride a bicycle.

Both the rider of the bicycle and the child passenger should wear helmets.

To carry a child safely, your bicycle should have a seat with high backing, safety belt system and foot protectors to prevent squeezing between the wheels.

CHILD PASSENGERS AND AIRBAGS

Airbags may be dangerous for babies or children sitting in the front seat, if they inflate.

Airbags inflate very quickly in less than leaps and bounds. Though they have saved many lives, they may be a cause of a serious injury.

Even in low speeds, if the children are not restraint well on their seats, they hit the front seat in case of a crash. A properly used child restraint decreases fatality risks by 75% and serious injuries by 67%.

Please read the manuals of the airbag and child restraints carefully and buy only certified child restraints.

The child restraints must be selected according to the height and weight of children. They should be changed with a proper size when necessary.

Your children must be with you when you buy a child restraint. It must be tried for size and comfort.

After a crash, you should change the child restraint with a new one.

How to use the child restraints for babies and children

First of all it should be properly selected for the kid or baby's height and weight. The three-point cross belts are designed for adult use and are not appropriate for kids because of different proportions of their body. For example, whilst the risk of rib fracture is high for adults, tilt is more likely for the kids. In case of a crash, tilt of ribs causes a risk of superimposed load born by heart and lungs. Child restraints are designed considering such differences. Besides cases of crash, child

restraints help the child to remain in his/her seat in respect of a sudden braking, manoeuvre or sudden opening of the car's door.

Seat belt is needed in short trips

In short trips Seat-belt usage is necessary, because 55-60 km /h speed is sufficient for a fatal accident. Even in crashes at 30 km/h speed, passenger without a seat-belt may get seriously injured.

Remaining inside the vehicle is much safer than pitching forward

The safest place for passengers in case of an accident is inside of the vehicle. Researches indicate that as flying off to a soft place like grass is very unlikely, fatality risk by hitting a rigid object or ground increases 25 fold if the passengers get rocketed out.

Seat belt does not prevent you to get out of the vehicle quickly in case of an accident

Even in cases of emergency like vehicle burning or plunging into the water, which both are quite rare cases; the seat-belt protects you from hitting parts of the car and get unconscious. So it will be much easier and quicker to get out of the car.

Seat belt is not dangerous for pregnant

In case of an accident, death of the fetus in the womb can lead to death of the pregnant woman. Three-point seat belt will protect both the unborn baby and the mother. The strip at the waist level should be at the bottom of the womb without causing any press. The shoulder cross strip should be over the ribs and should be looser than normal. In this case, the belt does not create any risk for the fetus.

Airbag is not a substitute for seat belt

If there is no curtain air bag system in your car, with the front air bag you will be protected against front crash. For the driver, air bag is a complimentary safety equipment to block the head contact with the steering wheel. It increases the effectiveness of the seat-belt. However, if it is not a curtain air bag system, it is not as effective as the seat belt in preventing sideswipe and skidding in the event of a lateral collision.

In case of an accident you can not secure yourself holding the door arms or steering wheel

Even if you achieve it in periods of a second, impact generated, may break your arms and legs. The impact upon you may be more than three times of your strength. In the absence of a seatbelt, your body will fly on to the windshield or car body, and in this case, it is impossible to hold or protect a child by holding the arms.

How do the seat belt and child restraints save life?

In case of an accident a passenger travelling without a seat-belt continues to move in the direction of the car, at the same speed the crash occurred, until it stops by hitting a part of the car, glass or any rigid object out of the car after breaking the glass. If lucky, a driver without a seat-belt hits the steering wheel, whilst the passengers at the rear seat hit the front seats. Worse than this is the case of rocketing out of the vehicle, hitting an object or the ground, which may result in a more serious injury or death.

In case of a crash, a seat belt or a child restraint:

- reduces the risk of passengers getting injured by hitting internal parts of the car or rocketing out of the car,
- will help distraction of forces that will be acting on the human body due to crash, over the most powerful parts of the body,
- protects passengers from hitting each other and getting injured.