

>> Obey the rules of the road

and arrive safely >>

Always remember to put on your safety belt – it can save your life. >

This is a responsible cyclist – his helmet is securely fitted on his head and both his hands are on the handlebars. v



Use hand signals to warn motorists of your intentions when riding on your bicycle

Things cyclists shouldn't do:
 + Never cut in front of a car – it's very dangerous.
 + Never ride abreast; always ride behind one another. v

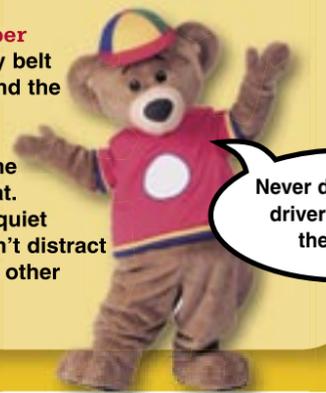


What passengers should know

Don't chatter at the top of your voice or fidget and squirm in a vehicle. This could distract the driver and lead to an accident.

Things to remember

- Put on your safety belt even for a trip around the block.
- The backseat is always safer than the front passenger seat.
- Keep as still and quiet as possible and don't distract the driver or bother other passengers.



Safe on the road



n EWSPAPERS, magazines, TV, radio, parents, teachers – they all tell us about the high death rate on South African roads and emphasise the importance of obeying the rules of the road.

Despite that you've probably often run into the road to recover a ball or chase after a dog. And while travelling with your family on holiday you've probably become so irritated after hours in the car you began quarrelling with your brother or sister. The fact is such behaviour can lead to serious and sometimes fatal accidents.

Even as a pedestrian or passenger you have as important a role to play in road safety as a driver. This week YOU in the Classroom teaches you about road

safety and tells you what you can do to make South Africa's roads safer.

Safety on bicycles and scooters

- + Make sure all parts of your bicycle – and particularly its brakes – are in good working condition.
- + Never ride abreast; ride one behind the other.
- + Always wear a cycling helmet. Many cyclists die of head injuries sustained when they're hit by cars. You can prevent this by wearing protection.
- + Make sure your helmet is in good condition and fits properly. It should sit firmly on your head and not shift around. The strap under your chin

should be tight but shouldn't pinch you. The front and rear straps should meet under your ears.

- + If you've been in an accident and the inner lining has absorbed considerable impact you should replace the helmet. You may not be able to see the damage but the helmet will no longer be able to absorb impact effectively.
- + Wear eye protection (goggles) to protect your eyes against dust, insects and the wind.
- + Wear reflective and fluorescent clothes at dusk or whenever visibility is bad as a result of fog or mist. This will make it easier for motorists to see you.
- + Make sure you know the rules

▲ If your school has a school patrol you're fortunate – it's the safest way to cross the street. You should always cross at one. Wait for the patrol's instructions and stay within the lines painted on the road.

of the road and obey them. For example, always ride with the traffic and never against it.

- + Never ride through pools of water – they could be hiding dangerous objects.
- + Always give motorists advance warning when you intend turning. Use hand signals to indicate your intentions. If you're driving a scooter use your indicators.
- + Keep both hands on the handlebars except when giving

a hand signal.
 + Be careful overtaking large vehicles such as trucks or buses on corners or curves. The driver might not see you and it could be dangerous.

- + Don't swerve all over the road.
- + Never hold onto a moving vehicle or ride too close behind one. If the vehicle were to brake suddenly you could smash into it.
- + Always ride carefully if there are pedestrians about. Pedestrians *always* get priority even if they're doing something stupid. Even if you're in the right it would be traumatic for you to hit someone. The pedestrian might be deaf, blind or handicapped and may not be able to get out of your way in time.
- + Don't overload your bicycle.
- + Remember to wear sunscreen in summer and keep a bottle of water handy in case you get thirsty.

Safety flash
 Wear a cyclist's armband. They're known as the 084-124 armband and have saved the lives of many cyclists. The band contains a piece of paper with the cyclist's medical details, such as allergies. This could be important information to paramedics or doctors treating a cyclist after an accident.
 To find out where to buy a cyclist's armband check out the Pedal Power website under Find Out More.

Responsible pedestrians
 Thousands of pedestrians are hit by cars every year in South Africa but there's a lot we can do to prevent this. Here are a few tips.
 + Don't walk or cycle on a national road – it's illegal.
 + At a traffic light with a pedestrian crossing wait for the green man before crossing. Remember to look right and left before and during crossing, even if the green man is in your favour.
 (Turn over)



First aid is very important – go for first aid classes.



In case of an accident

- If you're ever involved in an accident or come across one:
- + Get to a phone as fast as possible if you're not too badly injured.
 - + Phone 082-911 (the national number that will connect you to Netcare 911).
 - + You will be asked for your telephone

number, location (street name or nearest landmark) and information on what happened, how many people were injured and whether there is a fire. Trained staff will then be sent to help. Stay on the phone as staff will advise you how to help the injured and what to do until help arrives.



THE BIGGER PICTURE/ALAMY

(From previous page)

- ⊕ Some zebra crossings have a button you can press. Doing this will make the robot give you a green man so you can cross while giving the traffic a red light. Never press the button just for fun.
- ⊕ Be careful when crossing major roads. Wear bright clothes and be alert.
- ⊕ Never assume a vehicle will stop for you at a zebra crossing. The law requires them to stop but they might not. Wait until the vehicle has stopped before crossing – and keep looking right and left as you cross.
- ⊕ If you have to walk on the shoulder of a major road because there's no pavement make sure you're wearing bright clothes. Walk on the right side of the road so you can see

approaching traffic.

- ⊕ Don't dawdle across the road at a pedestrian crossing. Walk briskly and directly across the road.

Safety in buses and taxis

An overfull bus or taxi is dangerous. Overloading makes it difficult for a driver to keep control of the vehicle and if there is an accident the large number of people and their luggage make it difficult for survivors to escape from the vehicle. Here are a few safety rules if you make use of these types of transport.

- ⊕ Queue for a bus or taxi (away from the road).
- ⊕ Board the bus or taxi one at a time.
- ⊕ Never hang out of the

>> Look left, then right then left again >>

- windows or stick your arms or legs out of the windows.
- ⊕ Keep the aisles clear and don't place your bags or books in them. Passengers will need to use the aisles in case of an emergency.
- ⊕ If you're getting off wait until the bus stops before you get up.
- ⊕ Never stand near the rear wheels of a bus or taxi.

Responsible drivers

- The driver of a vehicle has certain responsibilities to the passengers and other road users. He or she should:
- ⊕ Slow down if the road is wet. It's difficult to stop quickly on a wet road and braking on such a road can cause the vehicle to go into a skid.
 - ⊕ Remain sober. No one is

- allowed to drive while under the influence of liquor, let alone have passengers.
 - ⊕ Reduce speed and be extra careful at night or if there is fog or mist.
 - ⊕ Never exceed the speed limit in a built-up area and always be on the look-out for pedestrians crossing the road.
 - ⊕ Drive carefully if the road is in a poor condition.
 - ⊕ Make sure the vehicle is never overloaded.
 - ⊕ Always stop at red traffic lights and at stop streets. Many accidents are caused by over-hasty drivers who ignore these rules of the road. □
- This article was compiled with the help of Johan Jonck and his info-packed website www.arrivealive.co.za.

◀ It's safer to cross busy roads at pedestrian crossings, as shown. Remember to wait for the green man before stepping off the pavement.

Don't travel in overloaded buses or taxis – they can be dangerous. In the bottom picture there's enough room around each passenger and there are no bags obstructing the aisle. Make room for handicapped people and help them if you can. ▼

THE BIGGER PICTURE/ALAMY



THE BIGGER PICTURE/ALAMY



Always help the disabled on public transport.

- ◀ Always make sure you're at the bus stop on time and form a queue away from the road. When the bus arrives get on one at a time, as shown.

For the educator

Read the article with the learners and discuss road safety with the class.

- > 1 Ask learners what they know about road safety and have them relate their personal experiences.

Let the learners hold think-tanks on road signs and the rules of the road and get them to draw the road signs they know on A3 sheets.

Discuss the Arrive Alive campaign. Divide the learners into pairs to discuss what they know about the campaign and how it affects their behaviour on the road.

- > 2 Draw up a road safety plan suitable to be the new policy at your school. Divide the class into groups and give each group an opportunity to write part of it. Use the following guidelines:

- ⊕ The whole class: Think of a name, logo and colour for your road safety policy.
- ⊕ Group 1: List a few road rules and tips for pedestrians to use in and around the school. Keep the following in mind: the school patrol, zebra crossings and other

important road signs for pedestrians in and around the school, traffic lights near the school (if any), vehicles regularly moving about the school, and the rights and responsibilities of learners and pedestrians.

- ⊕ Group 2: Does your school have a school patrol? Who are the members? What are their responsibilities and rights? If not, how would you set one up and what rules would you make?
- ⊕ Group 3: Do any learners come to school by bicycle or scooter? What are their rights and responsibilities as road users?

⊕ Group 4: Educators and parents often use their cars on school grounds. What are their rights and responsibilities as drivers?

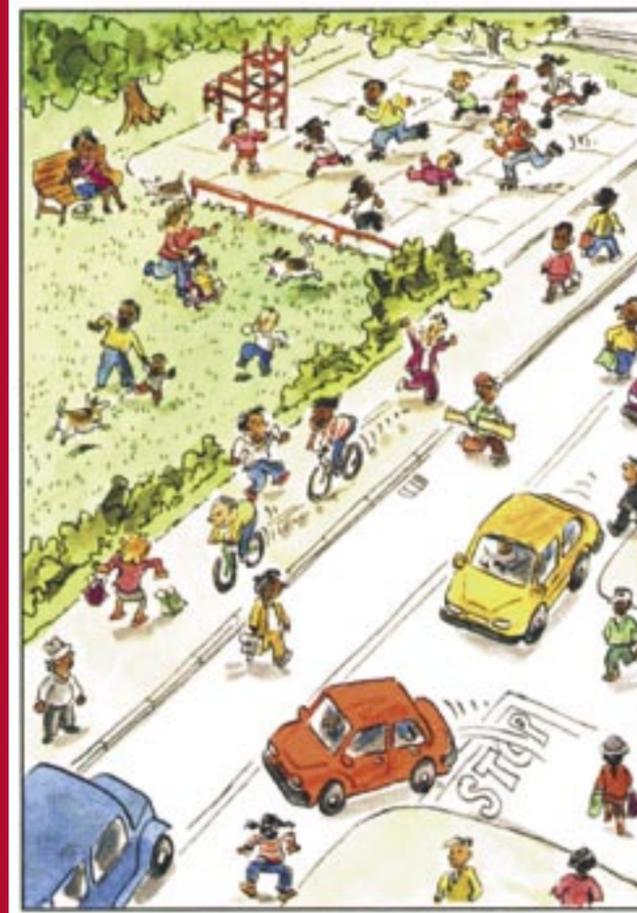
- ⊕ Group 5: Draw up an emergency plan explaining to learners what to do if someone at school is involved in an accident.
- > 3 Make a giant poster listing all the above information and post it on a wall in a school corridor.



Are they obeying the rules of the road? How many things in the sketch can you identify as unsafe and what do you think can be done to improve safety? See if you can spot at least five things that seem wrong – perhaps you'll spot even more.

Here are the answers

- 1 The rollerskaters are skating recklessly among people walking in a park.
- 2 A dog without a leash is attacking a child. An unleashed dog could easily run into a road and be hit by a car.
- 3 A cyclist is making a pedestrian angry and endangering his life.
- 4 Some pedestrians are not looking right, left and right again before crossing a road.
- 5 A few pedestrians are crossing the road in the wrong places. They should cross only at the stop street.



LIFE ORIENTATION FOR THE NEW NATION, GRADE 4 LEARNER'S BOOK

Find out more

- > Educators and learners will find plenty of practical tips on road safety at www.safekids.org
- > To see how well you know the rules of the road visit www.trafficlights.co.za
- > You've probably heard the slogan "Arrive Alive" on radio and TV, particularly before the Christmas and Easter holidays when traffic on our roads is at its heaviest. For great road safety tips visit www.arrivealive.co.za
- > For safety tips for cyclists call the Pedal Power Association on 021-689-8420, send an e-mail to info@pedalpower.org.za or visit www.pedalpower.co.za

For school project help 24 hours a day get your copy of the first SA multimedia encyclopaedia on 021-481-8301 or e-mail sales@learningonline.co.za



<http://learning.mweb.co.za>