

## Worksheet: Raising awareness about Road Safety

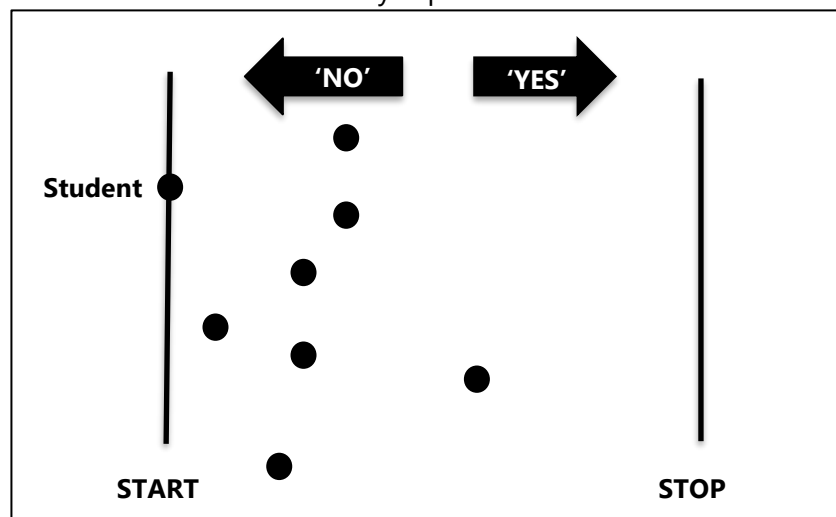
This worksheet is aimed at teachers or educators for first aid activities in schools. It can be used with children and teenagers (please see the [educational pathway](#) for children for more information). Background information are available in this worksheet, but the technical content can be reviewed using the International first aid, resuscitation and education guidelines of the Global first aid reference centre available online [here](#) or the [Basic first aid manual for Africa](#), edited by the Belgian Red Cross, Flanders.

### Game: Crossing the road

|                       |   |
|-----------------------|---|
| Objectives:           | The students <ul style="list-style-type: none"> <li>• reflect on their own behavior: safe or not;</li> <li>• appreciate the importance of ensuring their own safety.</li> </ul> |
| Preparation time:     | 5 minutes   |
| Time for this method: | 15 minutes  |
| Aids used:            | Chalk, tape, cones, stones or branches  |

#### Procedure:

- Use chalk, tape, cones, stones, branches and so on to create two lines symbolising a road.
- The students line up next to each other along one side of 'the road'.
- The purpose is to safely cross the 'busy road' you have created.
- How can they 'cross the road'? Ask one question at a time from the list below. You can add more or other questions specific to your context. Make sure the answer to a question can only be 'yes' or 'no'.  
If the answer to the question is 'yes', the student considers the situation to be safe, so he or she can take a step forward.  
If the answer to the question is 'no', this means that the situation is unsafe, so the student must take a step back. The students cannot go back beyond the line where they started.  
If a student does not know the answer, he/she can just stay where he/she is.  
Emphasise that the students must be truthful with their answers.
- After each question, get at least one student to explain why they have taken a step forward or back. Focus on the safety aspects.



### *Questions unsafe situations on the way to school:*

1. When you come to school, are all crossroads you cross safe?
2. When you have to cross a crossroad with traffic lights, do you always wait to cross until the traffic signal is green?
3. Do you use a safe place or a zebra crossing to cross a busy road?
4. Do you take a safe road when you go to school?
5. Do you use the sidewalk when you walk on the street?
6. If there is no sidewalk, do you stay away from the traffic and walk in a safe place?
7. When you get off the bus to school, do you make sure it's clear and safe?
8. Do you know which side you have to take when you walk away from the bus?
9. Are the brakes of your bicycle working properly?
10. Do you use the bike path when you are cycling to school?
11. Do you wear a helmet when you are sitting on the back of a motorcycle?
12. Are the surroundings of your school traffic-free?

### *Questions unsafe situations in the free time:*

1. Is there in your neighborhood a place to play (football for example) where no cars are driving?
2. Does the cars in your street drive slowly?
3. Do you always wear a safety belt in the car?
4. Do you pay attention for safety at the market/town/sport yard/swimming pool or places to swim/places to eat...)?
5. Do you know what the dangers are if you go swimming in a river?
6. Do you always go swimming with at least one other person, so you're not on your own?
7. Do you pay attention to play away from the road and traffic?

### *Background – the numbers*

*A 5% reduction in average speed can reduce the number of fatalities by 30%.*

*Wearing correctly a quality-standard motorcycle helmet can reduce the risk of death by over 40% and the risk of severe injury by almost 70%.*

*Wearing a seat-belt can reduce fatalities among front-seat occupants by up to 50% and among rear-seat car occupants by up to 25%.*

*Child restraints must be used until children are well protected by the adult seat belt – which does not happen before the child is about 135 cm or about 10 years old.*



## About the Global First Aid Reference Centre

- Founded in 2012
- Centre of excellence of the [International Federation of Red Cross and Red Crescent Societies](#) (IFRC) hosted by the [French Red Cross](#)
- Collaborates with 192 National Societies (Red Cross, Red Crescent) as well as scientific, institutional and private partners.

Our objectives are to reduce the number of deaths and the severity of injuries as well as to make people and communities more resilient using first aid. To achieve this, we work closely with National Societies to facilitate knowledge sharing between them and to promote first aid education at the global level. In order to ensure that first aid techniques are relevant to any country and any situation, we participate in numerous studies undertaken by medical doctors, scientists and researchers.

Find out more about the Centre on our [website](#).

