

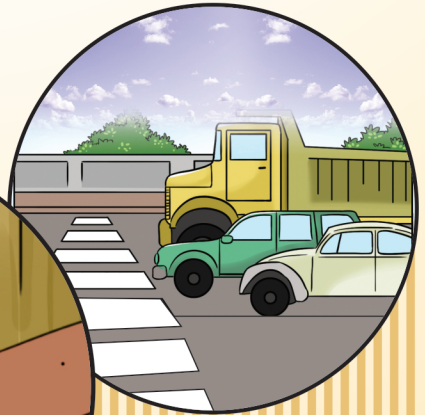
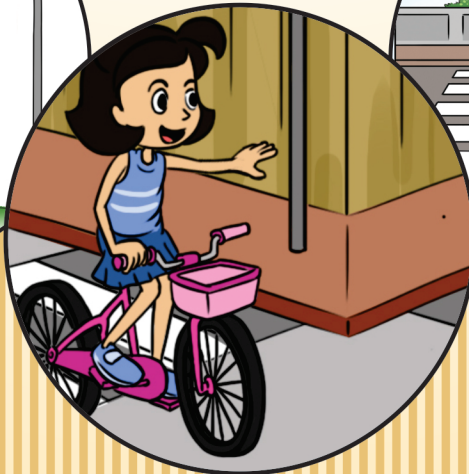
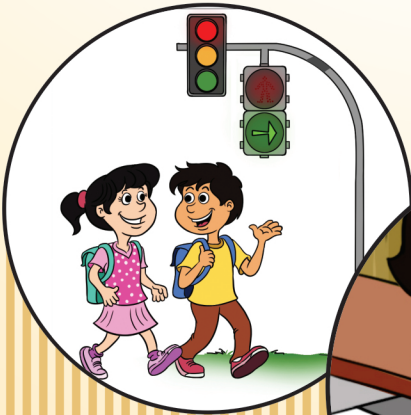


MULYA VARDHAN
ENHANCING CIVIC
ENGAGEMENT

TRAFFIC AWARENESS AND ROAD SAFETY

— | **Student Book** | —

Std - V



**State Council of Educational Research and Training
Government of Goa**

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ENHANCING CIVIC
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Traffic Awareness and Road Safety

STUDENT BOOK

Std-V

Student book consisting of concepts in detail
and worksheets for students

Name:

School:

Division:

Approved for pilot by -

State Council of Educational Research and Training (S.C.E.R.T.)
Government of Goa

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Topic 1- Traffic rules

- 1.1 Traffic police hand signals/lights
- 1.2 Roads - Importance and rules of roads
- 1.3 Procedure for crossing the road
- 1.4 Dos and don'ts for the pedestrians
- 1.5 Safe places to play



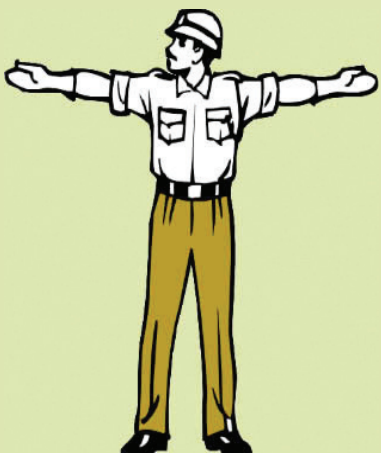
1.1 Traffic police hand signals and traffic lights

Traffic police hand signals -

You can see different hand signals used by the Traffic police in your community. Learn about these hand signals used by the Traffic police and follow the instructions. The basic Traffic police hand signals which we need to follow while walking or riding on the road are as follows -

(Source - <http://www.ctp.gov.in/HandSignals.htm>)

Traffic police hand signals

		
To stop vehicles approaching simultaneously from the front and behind	To allow vehicles coming from the right and turning right by stopping the traffic approaching from the left	To beckon the vehicles approaching from the right

Traffic lights -

A traffic signal is a set of automatically operated, coloured lights, typically red, yellow (amber) and green, for controlling traffic at road junctions, pedestrian crossings, and roundabouts.



Red means stop.
Wait behind the stop line.
Do not go through the intersection.





Yellow (amber)
The amber light gives time to vehicles to clear the road when the signal is changing from green to red. If caught in the amber signal in the middle of a large road crossing, do not press your accelerator in panic but do continue with care.



Green means proceed
through the intersection carefully.

Turning arrows at traffic lights

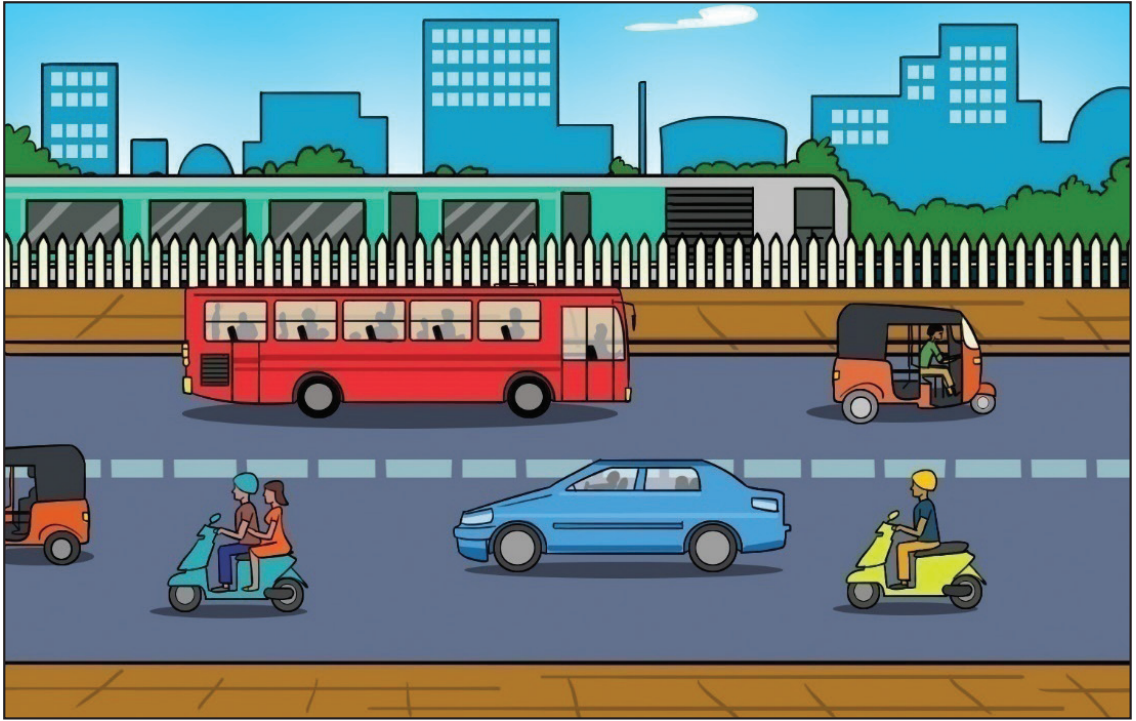
Some traffic lights have arrows to control traffic turning right or left.

	<p>a. A green arrow means you can only turn in that direction. For example: If the green arrow points to the right, you may turn right. You must not go straight ahead or turn left.</p>
	<p>b. When the yellow (amber) light is flashing, you may proceed, but you must give way to any pedestrian who is crossing the road in the direction you are turning/proceeding.</p>



1.2 Roads - Importance and rules of the roads

Road transport



Road transport is the second important mode of transport in India. It covers every corner of the country which the railway transport cannot cover. Road transport connects both agricultural and industrial sectors of the country which helps the farmers and industries send and receive goods.

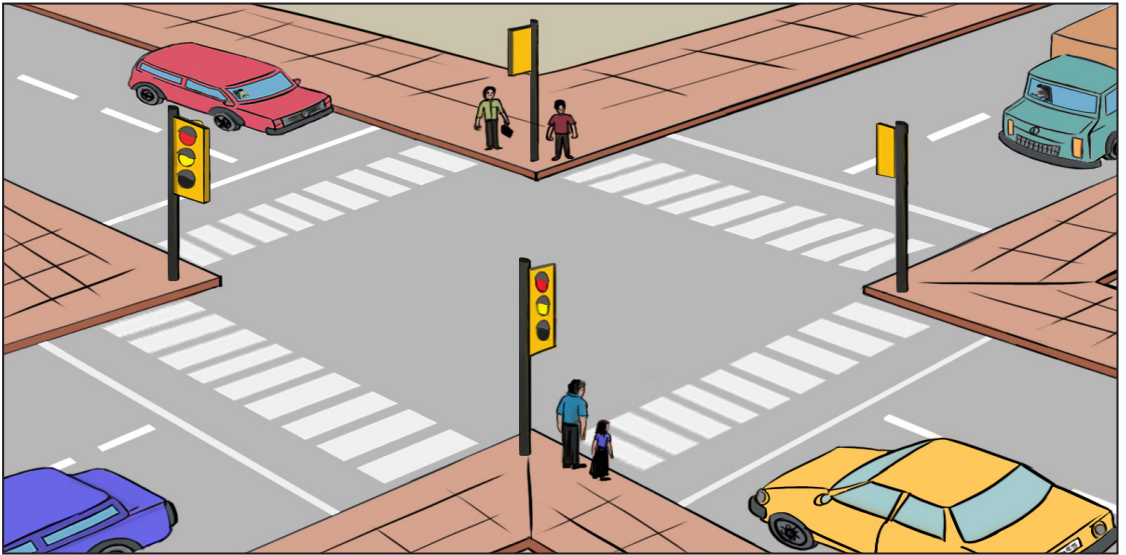
Importance of roads

1. Roads play a very important role in the transportation of goods and passengers for short and medium distances.
2. It is easier and cheaper to construct and maintain roads as compared to railways.
3. Road transport system establishes easy contact between farms, fields, factories and markets and provides door-to-door service.
4. Roads can be built even on the slopes of hills or high mountains and can have sharp turns which railways cannot.



6. Road transport is more flexible than railway transport. Roads act as a great medium to supply goods and also connect to the railways. Buses and trucks may be stopped anywhere and at any time on the road for loading and unloading passengers and goods, whereas trains stop only at particular stations.
7. Perishable commodities like vegetables, fruits and milk are transported easily and quickly by roads as compared to railways.

Rules for crossing roads -



A. General rules -

1. Use footpaths wherever provided.
2. Where footpaths are not provided, walk on the right side of the road facing the approaching traffic.
3. Do not walk alone on the road if you are below 10 years.
4. Wear bright or white-coloured garments in dark or poorly lit places so that you are seen clearly by others.
5. Do not step onto the road without ensuring that it is safe.
6. Make sure that the road is clear before you step out from behind a stationary vehicle or slow-moving 4-wheeler.
7. Be careful, particularly at blind corners (a corner where the view of the road ahead is hidden or restricted).
8. Do not play on the roads.



B. Crossing at intersection -

1. Look out for traffic turning around the corner, especially from behind you.
2. Look to your right, then to your left, and again to the right before crossing the road.

C. Crossing at a pedestrian/zebra crossing -

1. If there is a pedestrian/zebra crossing nearby, always use it. It is dangerous to cross the road a short distance away from the pedestrian/zebra crossing.
2. Always give drivers plenty of time to see you and slow down.
3. Cross only after the vehicles have stopped.



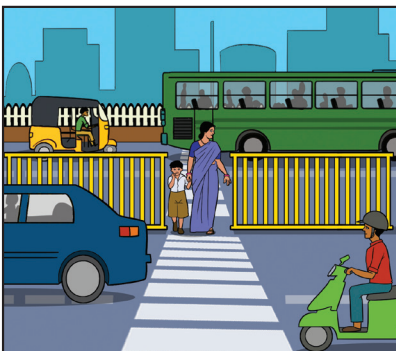
D. Crossing at traffic lights -

1. Do not cross when the traffic lights are green for vehicles even if there is no vehicle visible nearby.
2. Always cross when the traffic lights are red for vehicles, and there is enough time to cross the road.
3. Be careful at intersections and check lights in all directions.
4. Always use the zebra crossing if available.
5. Cross when the pedestrian light/symbol is green (if available).

E. Crossing controlled by Traffic police -

When a policeman is controlling traffic, cross the road only when the officer has signalled you to do so.

F. Guardrails -



1. Cross the roads only at the gaps in guardrails, wherever provided, for pedestrians.
2. Do not climb over the guard rails or walk outside them.

G. Crossing between parked vehicles -

When crossing between vehicles parked on the side of the road, remember you are not visible to the moving traffic. Stop as you appear from behind the vehicle and look for a safe gap before crossing the road.



H. Crossing the road at night -

1. Always wear white or bright-coloured clothes so that you are easily visible in the dark.
2. If there is no pedestrian crossing nearby, cross near a street light so that the drivers are able to see you.

I. Crossing a one-way street -



1. First, see which way the traffic is moving.
2. One-way streets will have more than one lane of traffic moving in the same direction. Do not cross until it is safe to cross all the lanes of traffic.
3. After following all these precautions, if you find yourself in the middle where vehicles are approaching you from the left, don't ever run backwards or forwards. Just stop and raise your hand.

J. Emergency vehicles -

1. Do not step into the road if you see or hear any emergency vehicles, i.e., police vans, fire engines, ambulances, etc. coming towards you.
2. Upon hearing a siren, which generally means that a vehicle is approaching, get off the road and stop. Proceed only after the vehicle has passed.



1.3 Procedures for crossing the road

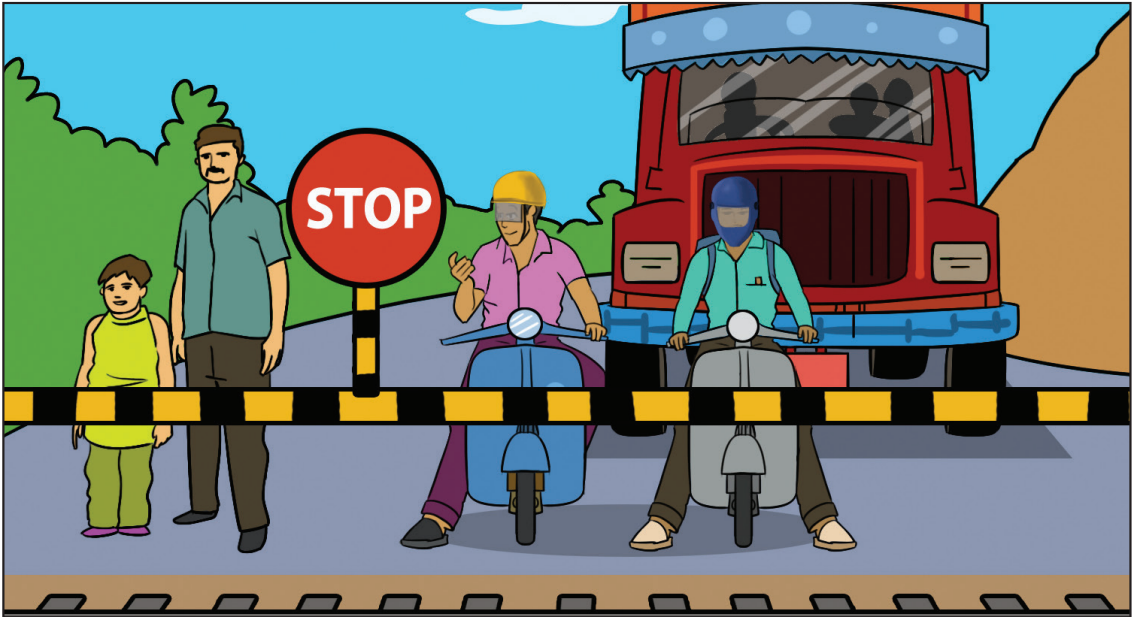
Stop, look, listen, and think (SLLT) procedure

1. Hold an adult's hand (for younger children).
2. Choose a safe place to cross - where you have a good, clear view of the road traffic coming in from all directions and where drivers can see you.
3. Walk straight across the road. Keep looking and listening for traffic while crossing.

- **STOP** one step back from the edge of the road if there is no footpath.
- **LOOK** in all directions for approaching traffic.
- **LISTEN** for traffic approaching from all directions.
- **THINK** about whether it is safe to cross the road - when the road is clear or all traffic has stopped.



Railway crossing procedure



- a) Obey warning signals and signs.
- b) Stop one step back from the edge of the crossing.
- c) Look in all directions for approaching trains.
- d) Listen in all directions for approaching trains.
- e) Think about when it is safe to cross - when tracks are clear on both ways.
- f) Check that one train isn't crossing another.

Observation walks/rides



Group walk procedure

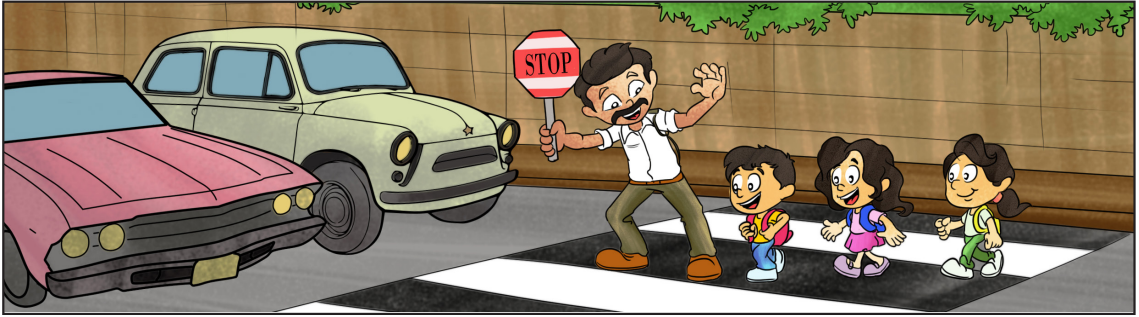
- a) Students should walk in pairs on the side of the footpath, away from the road.
- b) Younger children should hold hands, and all children should maintain their place in line.
- c) They should be instructed to stop when directed.
- d) They should also stop at driveways or lanes intersecting the footpath and wait for the teacher's or another adult's instruction.
- e) Each pair should experience leading the group. Teachers should invite leaders to 'help' make the decision about when and where to cross.

Kerb drill

- a) A set of precautions to be taken before crossing the road (especially looking to the left and right) should be taught to children.
- b) Stop one step back from the kerb.
- c) Look and listen for traffic coming from all directions.
- d) If there is traffic coming, wait until it has passed and then look and listen for traffic again.
- e) If there is no traffic coming, walk quickly straight across the road.
- f) While crossing, look and listen for traffic, wherever it may come from.



1.4 Dos and don'ts for the pedestrians



1. **DO** recognise and obey all traffic signs and signals. This includes 'Walk' and 'Don't walk' signs. Be sure the child knows to continue to walk even if a light changes to 'Don't walk' while they are on the crosswalk.
2. **DO** walk on the footpath whenever possible. If there is no footpath, pedestrians should walk as far away from traffic as possible, facing the direction of traffic.
3. **DO** stop and look before crossing driveways and alleys.*
4. **DO** pay extra attention in bad weather. Drivers may find it hard to see pedestrians, and it may be harder for drivers to stop.
5. **DO** always listen to Traffic police instructions and follow their hand signals.
6. **DO** look for white lights on the back of a car that indicate the car is backing up.
7. **DO** pay special attention at railroad crossings, as trains can be very dangerous.
8. **DO** only cross streets at corners or at crosswalks/intersections. **DON'T** ever run into the street.
9. Be alert and aware at all times. **DO** cross streets carefully.
10. **DON'T** cross the street between parked cars.

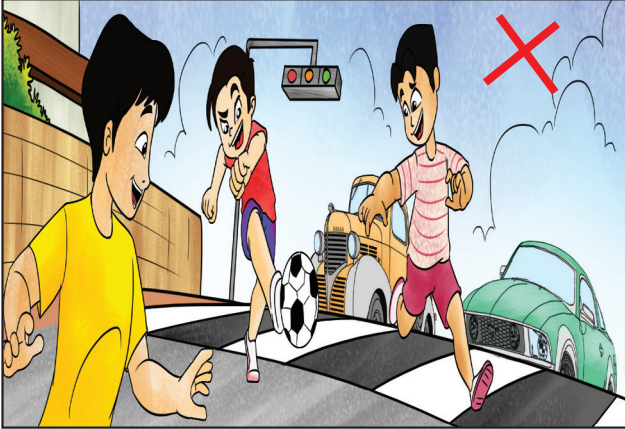
Every walker should:

- a) Stop at a corner or zebra crossing.
- b) Look right, left, and right again, making sure no vehicles are approaching.
- c) Make eye contact with any nearby drivers before crossing.
- d) Make sure cars have come to a complete stop before crossing.
- e) Walk, not run, across the zebra crossing, still looking left and right.

*Alleys – Narrow paths between or behind buildings



1.5 Safe places to play



WHERE NOT TO PLAY

A) Do not play on the roads-

1. Never play on the roads even if there is no traffic.
2. Never run on the road while chasing a ball, balloon or kite, as drivers on the road cannot stop all of a sudden.

B) Don't play around parked vehicles.

The driver may move off suddenly and knock you down.

WHERE TO PLAY

A) Play on grounds

B) Play in parks or places away from roads



Worksheets and Handouts

- 1.1 Traffic police hand signals/lights
- 1.2 Roads- Importance and rules of roads
- 1.3 Procedure for crossing the road
- 1.4 Dos and don'ts for the pedestrians -
- 1.5 Safe places to play

Handout 1- Be safe on roads

BE AWARE, BE SAFE, EVERY MOMENT...

WALK	Use footpath or right side of the road	Don't run or play on the road	Wear bright-coloured clothes at night	Don't play in parking lots
CROSS	Stop, think, listen, then cross	Don't cross in mid-road	Cross on zebra crossing	Don't attempt to stop vehicles yourself
CYCLE	Check your shoelaces before you ride	Don't cycle at night without reflectors	Obey traffic rules	No shouting and talking on mobile while riding
RIDE/ DRIVE	Wear helmet/ Wear your seat belt in the car	No* footboard	Hold onto motorbike when at rear	No disturbance to driver

*No Footboard – Do not stand and travel by standing on the bus/vehicle footboard



Worksheet 2 - Letter writing

Write a letter to your friend and tell him/her about the rules for road safety you learnt in your class and why traffic rules are important to follow.

Date.....

Dear.....,

Hope you are doing well. Last week I heard about your sister’s accident while she was crossing the road. I felt very bad. Hope she is fine now.

Today my teacher taught us about road safety rules like

.....
.....
.....
.....
.....

which can be helpful for children to be safe on roads. We should remember to follow traffic rules as they help us become aware of the dangers on roads.

.....
.....
.....
.....
.....

Hope you will follow this and be safe on the roads.

Your friend,

.....



Topic 2- Road signs and signals

2.1 Road signs - Mandatory, cautionary and informatory signs

2.2 Road markings

2.1 Road signs - Mandatory, Cautionary and Informatory signs









































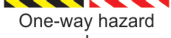
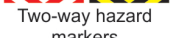











Road safety signs are primarily of three types:

1. **Mandatory signs:** These signs are used to ensure free movement of traffic and make the road users aware of certain laws and regulations, restrictions and prohibitions. Violation of these signs is an offence, as per law.

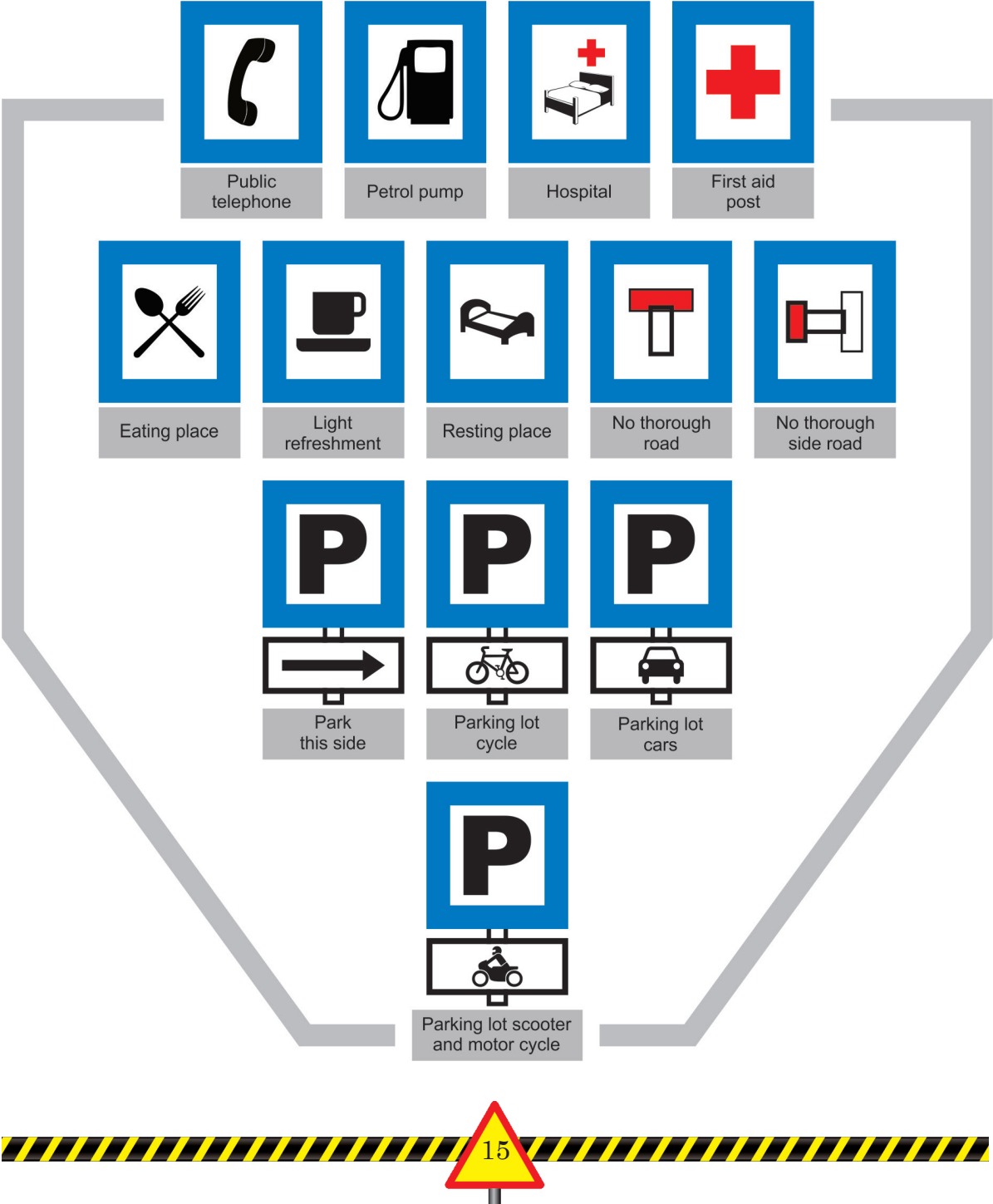
Any sign that is of circular shape with or without a red border is a “Mandatory” sign.



2. Cautionary signs: A warning sign or cautionary sign can be identified by its triangular shape. These signs warn you in advance of dangers ahead and give specific information to be cautious for your safety.

					
Right hand curve	Left hand curve	Right hand pin bend	Left hand pin bend	Right reverse bend	Left reverse bend
					
Cross road	Side road right	Y - Intersection	Y - Intersection	Y - Junction	T - Junction
					
Staggered intersection	Traffic merges from left	Major road ahead	Major road ahead	Two-way traffic crosses on way road	Two-way traffic
					
Narrow road ahead	Road widens ahead	Narrow bridge	Dangerous dip	Uneven road	Road hump
					
Steep ascent	Steep descent	Slippery road	River bank	Loose gravel	Cycle crossing
					
Pedestrians in road ahead	Children	School	Men at work	Pedestrian crossing	Ferry
				<div>Chevron signs  One-way hazard markers  Two-way hazard markers</div>	
Falling rocks	Wild animals	Cattle	Roundabout	<div>HAZARD MARKERS</div> <div> W3-3  LR  RL  W3-3  LR  RL</div>	
					
Gap in median	Low flying aircraft	Barrier ahead	Unguarded railway crossing	Guarded railway crossing	

3. Informatory signs: These signs can be easily identified because of their rectangular shape. They inform the road users about destinations, distance, alternative routes, and prominent locations like food joints, public toilets, nearby hospitals, etc.



2.2 Road markings

Road markings are used as a means of controlling and guiding traffic. They also serve to supplement or add on to the messages conveyed by road signals and signs.

Colours and their meanings in road markings -

- WHITE is generally used for all road markings except those indicating restrictions.
- YELLOW markings are used to signify RESTRICTIONS.
- WHITE or YELLOW together with BLACK are used for kerb and object marking.

Common road markings

1. Pedestrian/zebra crossings -

- a. These are alternate black and white stripes painted parallel to the road, generally known as zebra crossing.
- b. Pedestrians must cross only at the point where these lines are provided.



Picture source - <https://www.telegraphindia.com/1150811/images/11orizebra2.jpg>



2. Stop lines



- a) A stop line is a single, solid, transverse line painted before the intersecting edge of the road junction/intersection.
- b) This line indicates where you are required to stop when directed by the Traffic officer, traffic light or stop sign.

Record sheet - Activity 1 - Recognise and recall

List of signs observed/noticed on my way to school:

S.No.	Road sign	Type of road sign	Meaning
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



Worksheet 1 - Draw road markings and write the purpose of each of them

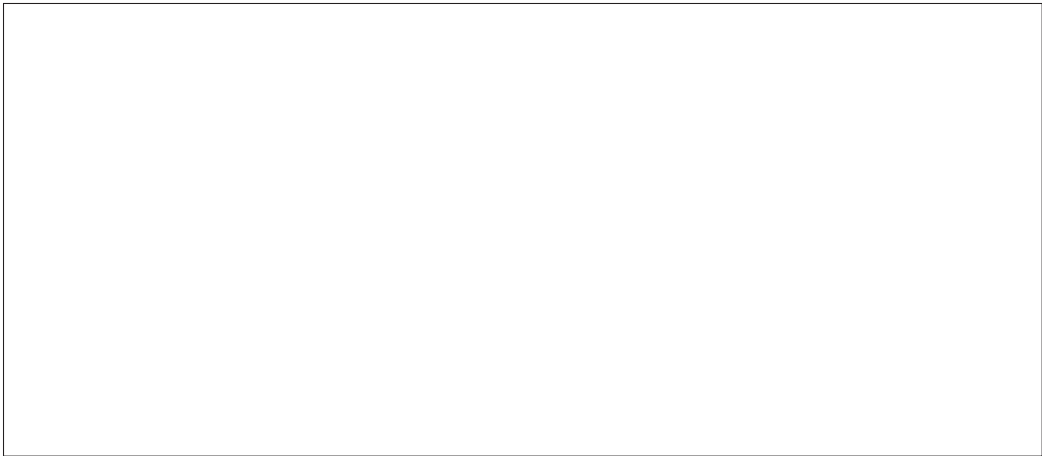
1. Pedestrian crossing



Purpose -

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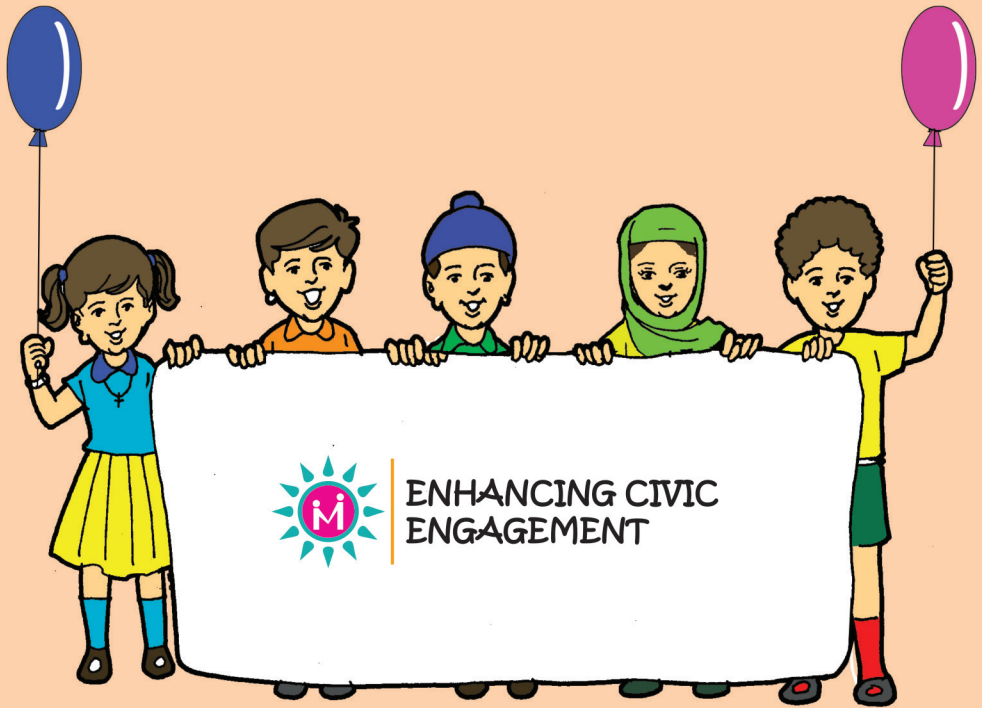
2. Stop line



Purpose -

.....





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