

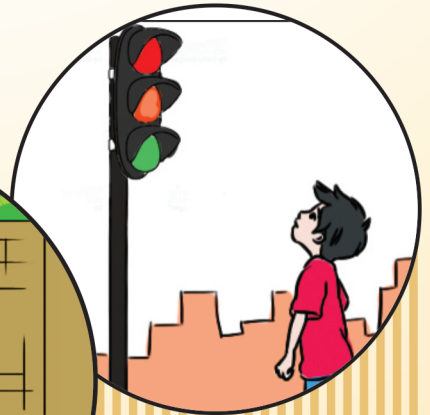
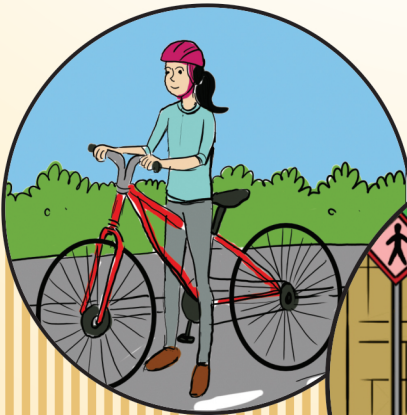


**MULYA VARDHAN**  
ENHANCING CIVIC  
ENGAGEMENT

# TRAFFIC AWARENESS AND ROAD SAFETY

— | **Student Book** | —

**Std - VII**



State Council of Educational Research and Training  
Government of Goa

---

**Edition** : January, 2018  
**Revised print** : June, 2019  
**Revised print** : June, 2021  
**Published by :**  
S.C.E.R.T., Government of Goa, Alto-Porvorim  
Shantilal Muttha Foundation, Pune  
Desh Apnayen Sahayog Foundation, Mumbai

**Printer :**  
© All rights reserved by publisher

---

<b>Content Lead</b>	: Dr. Garima Tailang - Desh Apnayen Sahayog Foundation
<b>Subject Matter Experts and</b>	: Mr. Dharmesh Angle- Dy. Superintendent of Police (Traffic), Goa Police
<b>Contributors</b>	: Mr. Pradeep Velip, Traffic Education Cell, Goa Police The late.Shri. Gurunath Kelekar, MARG
<b>Reviewed by</b>	:
<b>Goa Teachers</b>	: Ms. Anagha Sandeep Warlikar, St. Minchael H/S Taleigao Mr. Sebastiao D'costa, Holy Cross H/S, Bastora, Bardez Mr. Suraj Haldankar, Dnyanprassarak Vidyalaya, Mapusa Mr. Gurudas Sawant, The progress H/S- Panjim Mr. Amul Nadkarni, Our lady of the Rosary H/S Taleigao
<b>Shantilal Muttha Foundation</b>	: Ms. Meghana Desai, Ms. Deboshree Bhattacharjee



ENHANCING CIVIC  
ENGAGEMENT

# Traffic Awareness and Road Safety

## STUDENT BOOK

Std-VII

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**



# Contents

**Topic 1 - Road safety and causes of accidents..... 1**

**Worksheets and Handouts .....7**

Record sheet - Activity 1 - News analysis .....8

Record sheet - Activity 2 - Role play .....9

Record sheet - Activity 3 - Slogan on road safety.....10

**Topic 2 - Volunteering for road safety..... 11**

List of key road safety terms.....12

**Worksheets and Handouts ..... 13**

Worksheet 1 - My decision on road safety behaviour .. 13

Worksheet 2 - I am road-smart..... 14

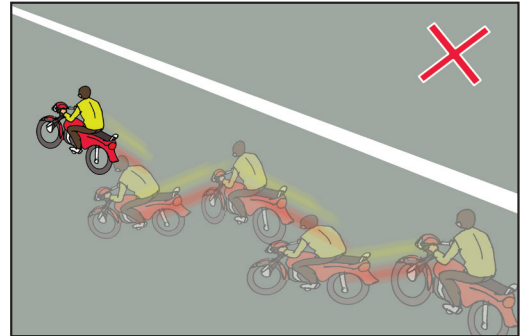
## Topic 1 - Road safety and causes of accidents

Road safety is necessary on the road and must be followed by everyone because road accidents are the leading cause of death. Everyone should learn the road traffic and safety rules at a very early age to adopt safe behaviour in later life.

### Common causes of road accidents -

According to a WHO (World Health Organization) report from 2010, these are the common causes of road accidents in India -

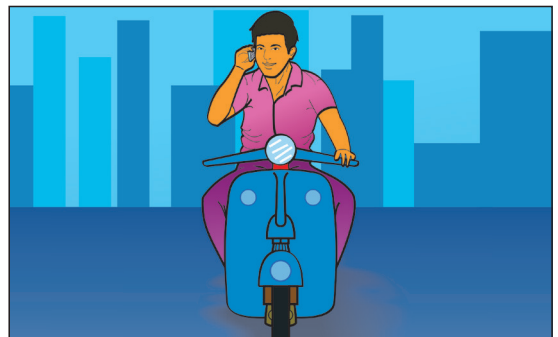
1. **Speeding and tailgating\*** - A greater speed gives a feeling of rush to the driver but at the same time increases the risk of his vehicle hitting another vehicle. Driving habits such as tailgating only increase the chance of the tailgater colliding with the vehicle in front.



2. **Riding without a helmet** - Wearing a helmet is as important for the pillion rider as for the biker. The head is at a greater risk of injury during a fall. Protecting it with a helmet greatly reduces the chances of a fatal injury or even death.



3. **Talking on phone** - When you talk on a phone while driving, one of your hands gets engaged in operating the phone whether it's for dialling a number or listening to the caller. Even more alarming is texting on the phone while driving, as it not only takes your hands off the steering wheel but also takes your eyes off the road. Moreover, the conversation distracts your mind. Always avoid using a phone while driving.



\*Tailgating – Driving dangerously close behind another vehicle





4. **Drink and Drive - Alcohol** interferes with the very basic elements of driving such as vision, reflex, and sense of judgement.



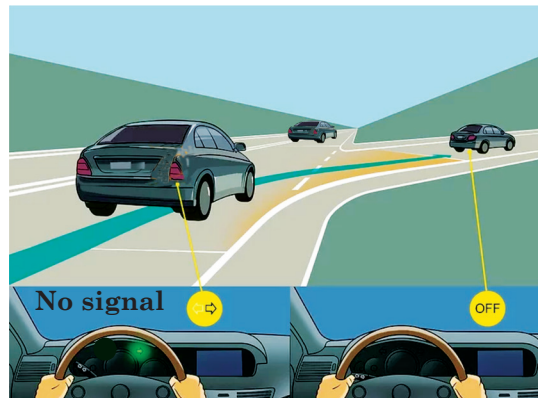
5. **Breaking traffic rules** - Something as simple as breaking a red light can put the driver and others at a risk of having serious falls and injuries. Ignorance of road signs can prove to be dangerous too. Do follow traffic rules; they are for your own good.



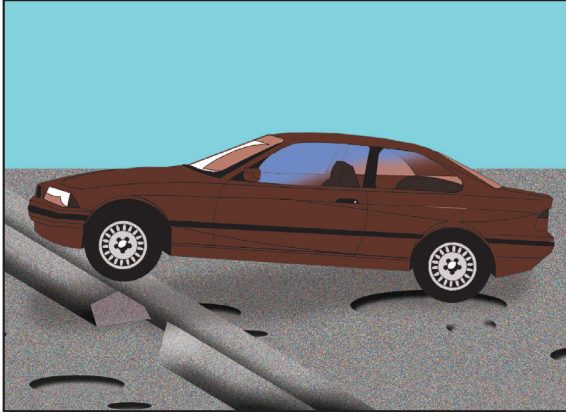
6. **Not wearing a seat belt** - Putting a seat belt on while driving is as important as pulling a parachute while skydiving. It has been scientifically proven that during a head-to-head collision, a driver wearing a seat belt has a far better chance of survival, without having to suffer any major injury.



7. **Not using indicators** - Using indicators while taking a turn, changing lanes and overtaking, is an integral part of road safety. It informs road users about the driver's intents which helps avoid accidents. It would be too risky for the driver and other road users if the driver did not use the required indicators.



**7. Poor road infrastructure** - This is a very common cause of accidents in India. Unlike other factors, the driver here has to suffer without any fault of his own. A bad road is distinguished by signs such as piles of debris, spilled oil, pits, open man-holes, defective highway lamps, badly designed speed-breakers, etc.



**“Indian Government has decided to set up ‘1033’ toll- free national helpline for reporting road accidents and other issues related to National Highways.”**

*(Reference - <http://indiatoday.intoday.in/story/toll-free-national-helpline-1033-for-road-accident-services/1/611011.html> )*

**First aid -**

**Do you know?**

**Road traffic injuries: Facts**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Globally, 720 children die from road traffic crashes every day.</li><li>• Globally, road traffic injuries are the leading cause of death and disability among 10-19 year olds.</li><li>• In low-income and middle-income countries, most traffic deaths are</li></ul> | <ul style="list-style-type: none"><li>among pedestrians and passengers in vehicles or on two-wheelers.</li><li>• In high-income countries, most traffic deaths involve novice drivers.</li><li>• The most common non-fatal injuries sustained by children are head injuries and fractured limbs.</li></ul> |
|---|--|

### **WHO report on children injury prevention**

*[http://www.who.int/violence\\_injury\\_prevention/child/injury/world\\_report/World\\_report\\_presentation.pdf](http://www.who.int/violence_injury_prevention/child/injury/world_report/World_report_presentation.pdf)*

In the previous key stage, we learnt about road safety measures, precautions, common accident injuries amongst children, and first aid steps to be followed.

Let us find out more about the importance of first aid so that students can not only learn to take precautions but also help others during emergencies.





## *What you should do and shouldn't do in case of a road accident injury?*

1. **Do not panic; be calm and patient:** Check yourself first. If you have been injured in the accident, first check yourself for any injuries. Try to see how well you can move your limbs, and whether you experience symptoms such as dizziness. Remember, you need to be fit enough to help others.
2. **Check the other person(s) for injuries:** If other people are injured, first understand how much they are injured. For example, is she/he bleeding from the head, neck, arms, legs, abdomen, back, etc.? Treat the quietest person first; she/he would usually be more seriously injured or unable to breathe. Check his/her pulse. People who can talk or scream, on the other hand, can breathe and therefore be treated a little later. Ask for the patient's name; if she/he responds, it means the patient is able to understand the situation and has most likely not suffered a severe head injury.
3. **Call for help:** Immediately call for an ambulance or rush the person to a hospital. Once you know more about the patient's condition, you will be in a better position to tell the doctors about his/her condition.
4. **Check for obstructions in the person's mouth and throat:** If you do not hear any breathing sounds, check his/her mouth for any obstructions. If there is something obstructing the airway, use your index and middle finger to clear the airway.
5. **Deal with open wounds:** If there are extensive wounds, try to control the bleeding using pressure to the area using a cloth. Press down with your palms rather than your fingertips.
6. **Try to identify spinal injuries:** If the person's neck is in an awkward position (not normally placed) or the person is unconscious, do not move the patient. Get help immediately.
7. **Keep the person warm:** Usually, accident victims feel excessively cold due to shock. Therefore, keeping them warm is important for survival. You can use whatever you have to do this, such as a T-shirt, jacket, etc.
8. **Avoid feeding the person:** Do not give the person any water, food or other liquids through the mouth; it could lead to the patient choking.

## Helplines:

100	Police	Common Emergency Helpline Number
101	Fire	112
108	Ambulance	
103	Traffic police	
1033	Emergency relief centre on national highways	

### What is first aid -

First aid is the assistance given to any person suffering a sudden illness or injury with care provided to save life, prevent the condition from worsening, or to promote recovery before a doctor arrives or before the person is taken to a hospital.

### Why first aid?

Accidents can happen anywhere and anytime. Hence, individuals who are properly trained and have the correct equipment can help in ensuring better safety for accident victims. Without proper first aid, a simple injury could become severe. In some cases, death can occur as a result of lack of immediate medical treatment. First aid does not just promote faster recovery but it also helps save lives.

### Common injuries and first aid -

1. **Small cut/wound and bleeding** - Sometimes, children hurt themselves by falling onto something that sticks into their skin, such as a piece of broken glass or a stick. Children need to apply direct pressure to a wound by covering it with a gauze pad, thick and clean cloth or an article of clothing (depending on the size of the cut). Cover the wound and apply continuous direct pressure until the bleeding stops or help arrives.

If there is bleeding, first press firmly over the site with a clean cloth until it stops, anywhere from 3 to 15 minutes. Clean under lukewarm running water and gently dry it. When a wound is dirty, rinse it with water and gently lather with soap. If the skin is broken, apply a thin layer of an antibiotic ointment (like Neosporin or Bacitracin), then cover with a bandage or gauze and adhesive tape.

2. **Eye wound** - Do not attempt any cleaning or washing of an open eye injury. Cover the eye with a clean, soft cloth; place a stiff covering on top to prevent any pressure coming on the eye. This is important because the contents can be squeezed out even through a very small wound.
3. **Bleeding nose** - Bleeding from the nose could also mean a head injury. If the patient is conscious and can sit up, ask him to pinch his nose and breathe



through his mouth. If he can lean forward, then that could prevent blood from going to his wind pipe and choking him. If the patient is unconscious, he should lie with the face to one side, for the blood to come out easily, so that there is no choking.

- 4. Limb injury/muscle sprain** - When muscle joints or bones get injured, blood collects over the area, and a swelling appears. You can reduce the swelling by bringing down the bleeding. Apply cold water or ice packs, if available. It reduces local blood flow, and brings down the internal bleeding and swelling. But remember not to keep ice packs on for more than 10 minutes at a stretch as this will lead to something like frostbite. Also, don't place ice directly on the skin. Always wrap it in a cloth first. A muscle injury can be made less painful by putting a splint (strip of rigid material) on the injured limb.
- 5. Broken bones** - Bones can be broken or cracked, and this is called a "fracture". Bones are living things that have blood supply and nerves. When bones are broken, they leak out blood into the surrounding tissue and cause pain and swelling. Don't touch broken bones. If possible, apply an ice pack for 10-15 minutes and call for help.

## What does a first aid kit contain?

A basic first aid kit should contain the following:

1. Plasters of various shapes and sizes
2. Sterile cotton
3. Sterile gauze dressings - different sizes
4. Eyewash and eye dressing
5. Scissors
6. Tweezers
7. Sticky tape
8. Torch
9. Thermometer
10. Crepe bandages
11. Antibiotic cream
12. Antiseptic cream
13. Painkillers (spray)
14. Safety pins



## Handout 1 - Road accidents

# 186 300

children <18 years die  
from road traffic crashes  
annually



Road traffic  
death rates  
among children are

**3x**  
higher in  
developing  
countries



Road traffic  
injury ranks:

→ Among the **top 4** causes  
of death for children >5 years

→ Is the **#1** killer  
of children aged 15–17 years



**2x**  
as many  
boys  
as girls die in  
road traffic  
crashes



(Source - <https://www.unroadsafetyweek.org/en/previous-weeks2015-save-kids-lives>)  
As per United Nations #SaveKidsLives Campaign, 2015



**Record sheet - Activity 1 - News analysis**

Date of the news report published - .....

Name of the newspaper - .....

Title of the news report - .....

Who was affected by the accident?

When and how did it happen?

The real cause of the road accident and suggest some precautions to prevent such road accidents





# Record sheet - Activity 2 - Role play

1. Name of your play - .....

2. Main characters - .....

3. Story - .....

4. Reason/s for the accident

5. Your learning

**Record sheet - Activity 3 - Slogan on road safety**

Write five slogans on road safety here. One is shown below for your reference.



1. ....

.....

.....

2. ....

.....

.....

3. ....

.....

.....

4. ....

.....

.....

5. ....

.....

.....



## Topic 2 - Volunteering for road safety



Volunteering is considered a selfless/unselfish activity where an individual or group provides services for no money to benefit another person, group or organisation.

### **How can children be involved in volunteering for road safety?**

1. Promote road safety behaviour on roads/school campus.
2. Help younger children to learn safety rules.
3. Help senior citizens and younger children on the roads.
4. Spread the word among your family and friends regarding traffic rules.
5. Help younger children with bicycle-riding rules.

## List of key terms: road safety

<p>1. <b>Fatality</b> - Serious injury resulting from a road crash.</p> <p>2. <b>Children's crossing</b> - Crossing near a school that is active only when the flags are displayed.</p> <p>3. <b>Distraction</b> - Something that reduces concentration and attention.</p> <p>4. <b>Footpath</b> - A narrow path for a person on foot.</p> <p>5. <b>Hazard</b> - Something in the traffic or road environment that could cause risk or harm.</p> <p>6. <b>Intersection</b> - A place where two or more roads meet.</p> <p>7. <b>Kerb</b> - Raised concrete lip at the edge of the roadway.</p> <p>8. <b>Pedestrian</b> - A person travelling on foot.</p> <p>9. <b>Pedestrian crossing</b> - A designated point on the road where there is a means to assist pedestrians to cross, such as traffic signals or warning signs.</p> <p>10. <b>Public transport</b> - Trains, buses, etc.</p> <p>11. <b>Restraints</b> - Seatbelts and similar devices designed to keep people from being thrown around in a vehicle during a crash or when braking suddenly.</p>	<p>12. <b>Road</b> - A public way.</p> <p>13. <b>Road markings</b> - Lines and markings on the road to guide traffic and road users.</p> <p>14. <b>Serious injury</b> - An injury that requires a person to be taken to the hospital.</p> <p>15. <b>Shared pathway</b> - A path where people travelling by different modes can travel together, such as pedestrians and cyclists.</p> <p>16. <b>Speed</b> - The distance travelled divided by the time it takes.</p> <p>17. <b>Stop, look, listen, think</b> - A systematic procedure designed for pedestrians to use when crossing roads and railway lines.</p> <p>18. <b>Traffic signals/signs</b> - A light, sign or other signal used to control or manage traffic or to provide information to road users.</p> <p>19. <b>Vehicle</b> - A device for transporting persons or things, such as a car, train, tram, bus, motorcycle or bicycle.</p> <p>20. <b>Zebra crossing</b> - A pedestrian crossing with thickly painted white lines on the road, usually with 'walking legs' signs and sometimes, amber flashing lights.</p> <p>21. <b>Tailgating</b> - Tailgating is the act of driving on a road too close to the vehicle in front, such that the distance between the two vehicles does not guarantee that stopping to avoid collision is possible.</p>
---	---

## Worksheet 1 - My decision on road safety behaviour

Scenarios -

1. You are going to your grandparents' house with your mother. You take the window seat and observe that the bus is full. On the next stop, two old people come and stand next to your seat. Your mother ignores them.

Your decision -

2. One day you get very late to school and decide to go by bicycle. As you near the school, you come across a signal. The signal is green but as you get near, it turns yellow. The school assembly is going to start in five minutes.

Your decision -

3. One day you are going with your father to a friend's birthday party. Near the main road, you see a major accident in which one child is injured. The people gathered around the child are taking pictures.

Your decision -

4. Your school is taking you for a picnic, and your friends are very excitedly making plans for the day. Suddenly, you come to know that one of your classmates who is physically challenged withdrew his name from the picnic as the place you are going to has no ramp facility.

Your decision -

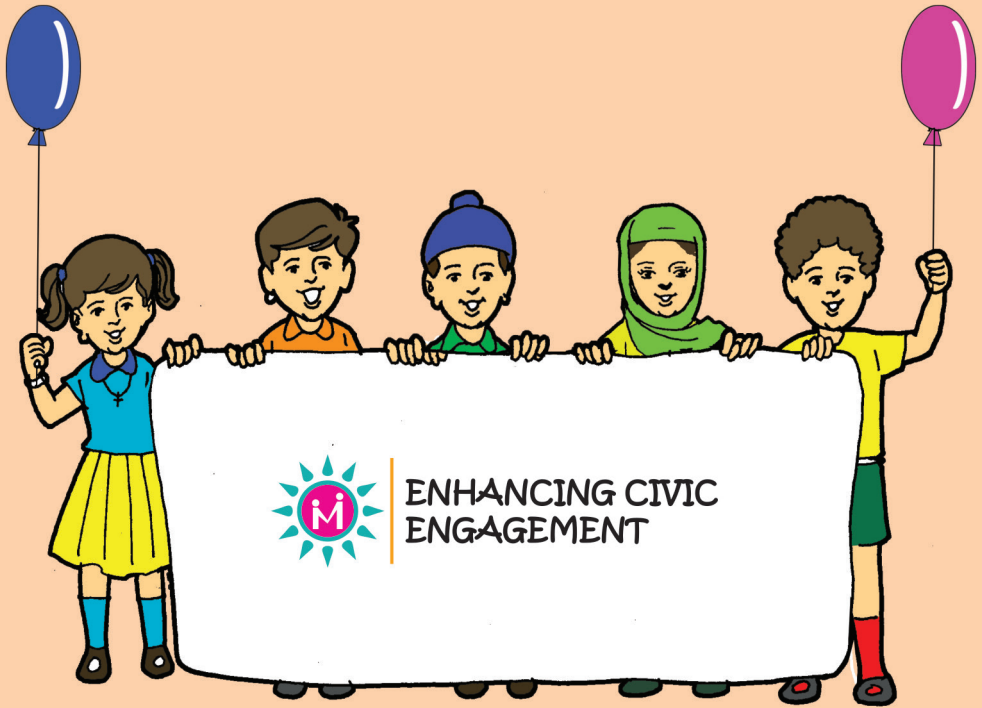


## Worksheet 2 - I am road-smart

Rate yourself on the following scale - Always, Mostly, Sometimes and Never.

Statement		Always	Mostly	Sometimes	Never	Why/ Why Not
1.	I cross the road at zebra crossings.					
2.	I use a bicycle helmet while riding on the road.					
3.	I offer my seat to younger children in the school bus.					
4.	I eat my tiffin in the school bus and throw the trash outside from the window.					
5.	I walk on the footpath/sidewalks.					
6.	I play with my friends near the road.					
7.	I look for road signs while walking on the road.					
8.	I use a seat belt while travelling in a car.					
9.	I do stunts on my bicycle.					
10.	I go out at night with my parents/adults.					
11.	I suggest others to avoid breaking traffic rules.					
12.	I stop my father/mother from talking over the phone while driving.					
13.	I ask my elders to wear a helmet while riding a two-wheeler.					
14.	I help my younger siblings to learn traffic rules.					
15.	I ensure my safety on the road before others.					





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