



ON THE ROAD

Walking

Walking to and from places is often when you chat to your parents or friends. But there are lots of hazards that you need to know about so you can be safe.

ThinkSafe SAM will show you how to be safe when walking. When you are walking watch out for the following hazards:

1. Busy roads and fast traffic
2. Wet, slippery roads or paths, loose stones, gravel or sand
3. Crossing roads
4. Not paying attention and things that distract you like other kids calling to you across the road
5. Cars pulling out of driveways or car parks
6. A person who scares or threatens you or offers you things like lollies, money, a game with a pet animal or a lift in a car

Spot the hazard	Assess the risk	Make the changes
Busy roads and fast traffic	You could be hit by a car or vehicle and badly hurt	Work out the safest way to walk to and from school with a parent or adult and practice walking it with them first Use footpaths where you can, and walk on the right side of the road facing the traffic
Wet, slippery roads or paths, loose stones, gravel or sand	You could fall over and hurt yourself or fall onto the road or into the path of a car and hurt yourself badly	Watch out for wet or slippery surfaces and walk don't run
Crossing roads	You could be hit by a car and be hurt badly	Cross at kid's school crossings, crosswalks or traffic lights when you can Stop, look, listen and think before you cross
Not paying attention and things that distract you like other kids calling to you across the road	You could walk into the path of a car, fall over or collide with someone and hurt yourself badly	Always pay attention to what is going on around you
Cars pulling out of driveways or car parks	They could hit you and hurt you badly	Listen and watch out for cars coming out of driveways or car parks

<p>A person who scares or threatens you or offers you things like lollies, money, a game with a pet animal or a lift in a car</p>	<p>You could be frightened, attacked, badly hurt or kidnapped</p>	<p>Always try to walk or ride with other kids or an adult you know and trust</p> <p>Always go straight to school or back home</p> <p>Run away from them and if they stop you yell out loudly</p> <p>Look for a place like a Safety House, garage, shop or friend's house</p> <p>Always say no to things like lollies, money, games or rides in cars</p> <p>Tell an adult you trust what happened, so something can be done about the bad person</p>
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BIKES

Bikes are fun to ride and get you to where you are going faster than walking. But there are lots of hazards that you need to know about so you can be safe.

ThinkSafe SAM will show you how you can ride safely. Always wear an approved bike helmet, pay attention to the road and what is around you and know and follow bike road rules

When you are riding your bike to or from school or anywhere else watch out for the following hazards:

1. Busy roads and fast traffic
2. Wet, slippery roads or surfaces, loose stones, gravel or sand
3. Things that could be in your way like dogs, people or other bikes
4. Cars pulling out of driveways, car parks or side streets
5. A damaged bike helmet or one that is not the right size
6. A damaged bike, brakes not working or flat tyres
7. Clothes, bags or straps that hang down
8. Carrying things without a carrier or backpack
9. Being a young or new rider

Spot the hazard	Assess the risk	Make the changes
Busy roads and fast traffic	You could be hit by a car or vehicle and be badly bruised or grazed, or break bones	Keep off busy roads unless you are with a parent or an older, skilled bike rider Ride on bike paths and dual-use paths where you can
Wet, slippery roads or surfaces, loose stones, gravel or sand	You could lose control, skid and fall off your bike and be badly hurt	Watch out for slippery surfaces or things in the way
Things that could be in your way like dogs, people or other bikes	You could crash, fall off or be thrown over the handlebars, and be bruised or grazed, or break bones	Ring your bell and slow down when passing people or dogs
Cars pulling out of driveways, car parks or side streets	They could hit you, knock you off your bike and hurt you badly	Stay alert and look out and listen for cars pulling out
A damaged bike helmet or one that is not the right size	It will not provide good protection – you could still hurt your head badly if you fall off you bike	Make sure your helmet is not damaged, is the right size and always wear it
A damaged bike, brakes not working or flat tyres	You are more likely to fall off your bike and be hurt	Check your bike from time to time to make sure it is in good condition, the brakes are working and tyres are pumped up Make sure it's the right size for you
Clothes, bags or straps that hang down	They are likely to be caught in the wheels or other moving parts and you could fall off and be badly hurt	Wear close fitting clothes and keep other items clear of moving parts

Carrying things without a carrier or backpack	You could lose control, fall off and be badly hurt	Use a backpack or bike carrier to carry items Never try to carry them on the handlebars or in your hands
Being a young or new rider	If you have not had a lot of practice riding your bike, you are more at risk of falling off or losing control and hurting yourself	Young and new riders should ride with an adult and keep off busy roads

CARS AND BUSES

Going in a car or bus gets you there quickly and can be when you chat to your parents or friends. But there are lots of hazards you need to know about so you can be safe.

ThinkSafe SAM will show some hazards in cars and buses. Watch out for the following hazards:

1. Not wearing a seat belt in the car or not wearing it correctly
2. Using seat belts that are too big
3. Kids fighting or mucking around or pets in cars
4. Pushing and shoving in a bus and leaving school bags in the aisle
5. Being very noisy and mucking around in a bus
6. Stepping out in front of or from behind a parked car or bus

Spot the hazard	Assess the risk	Make the changes
Not wearing a seat belt in the car or not wearing it correctly	You are very likely to be thrown around if the car stops suddenly or be thrown out of the car if there is a crash. You could be badly hurt or killed	Wear the seat belt over your chest and shoulder and buckle it up before the car is started
Using seat belts that are too big	Small kids are more likely to hurt their neck or be thrown out of the seat belt	Parents or adults should make sure small kids have a suitable child safety seat or booster
Kids fighting or mucking around or pets in cars	The car driver could get angry or upset and is more likely to have an accident which could result in kids being hurt badly	Talk or play quietly and keep pets out of the front seats away from the driver
Pushing and shoving in a bus and leaving school bags in the aisle	Kids could fall over or bang into seats and get bruised or break bones	Never push or shove other people and don't leave your bag on the floor in the aisle Sit down if you can or find a seat or hanger to hold onto
Being very noisy and mucking around in a bus	The bus driver could get angry or upset and is more likely to have an accident, which could result in kids being hurt badly	Talk or play quietly, and if it is a school bus always follow the rules
Stepping out in front of or from behind a parked car or bus	You are likely to be hit or run over by a car and could be badly injured	Stop, look, listen and think and cross only where the driver can see you