



SYLLABUS FOR CLASS-I

FOR CLASS ONE



Traffic Situation

- **What is Traffic?**
 - **Below are some different types of traffic:-**
 - **Write (S) beside the smallest vehicle.**
 - **Write (H) beside the vehicle you think is the heaviest.**
 - **Write (M) beside the vehicle you think could carry the most people.**
 - **Write (P) beside the path use for pedestrian.**
 - **Write (T) beside the Traffic Sign.**
 - **Write (R) beside the path used by Vehicles.**





What is this?



- a) Is it Zebra ?
OR
b) Zebra Crossing?

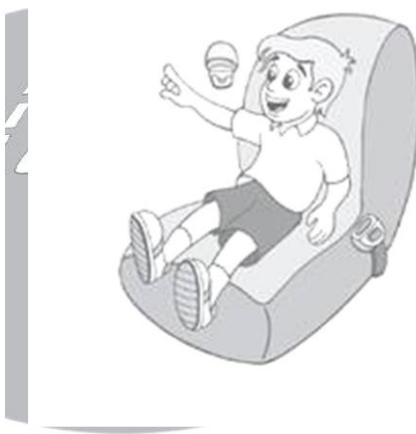
- Who can use the **Footpath**.



What type of traffic is allowed on Road.

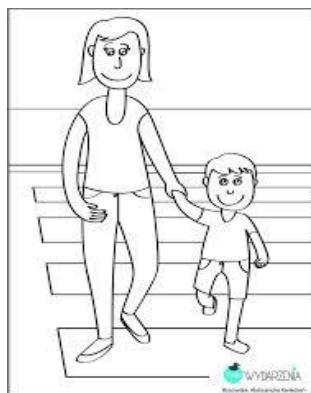


- **Put (✓) on the right picture and Put (✗) on the false picture.**



Colour & fasten seat belt

Imagine that you are sitting in the back seat. Put a tick (✓) in the box nearest to the door that is safest for you to get out. And also colour it.



Colour & write what they are doing?



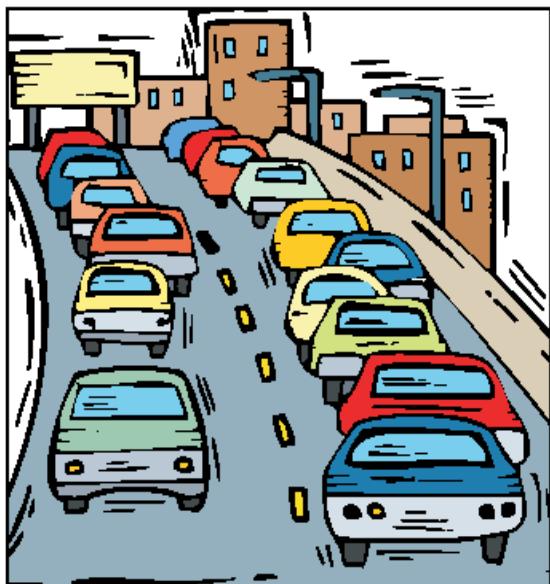
SYLLABUS FOR CLASS-II

FOR CLASS TWO



PEDESTRIAN/WALKER

A person who walks on road is a walker or pedestrian.



Traffic

Cars, buses, trucks, and other vehicles also have to get places like we do. These vehicles are called traffic.

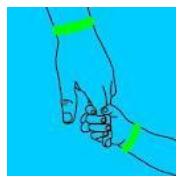
ROAD AND FOOTPATH



Road is for traffic.



Footpath is for pedestrian/walker



Always walk with your **Elders**



Never **Play** near the road

- **Traffic Lights**



Do you know what Traffic Light mean?

Red Light means -----

Yellow Light means -----

Green Light means -----

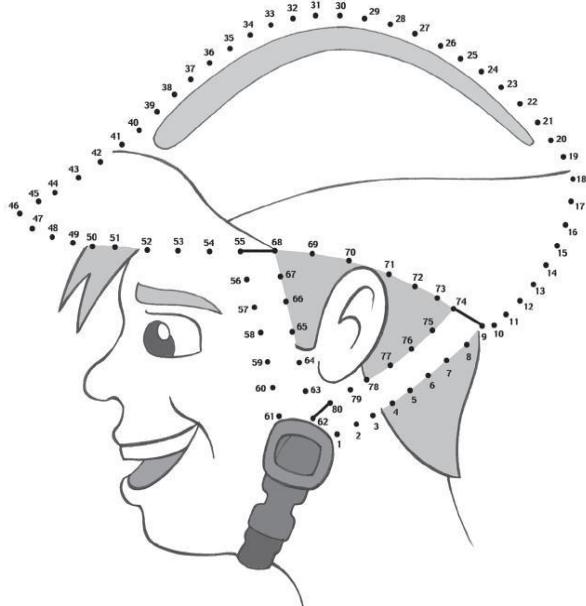
- **Traffic Signs**



guides the traffic on the road

- Draw three different of **Signboards** and their meaning, which you see on the road.

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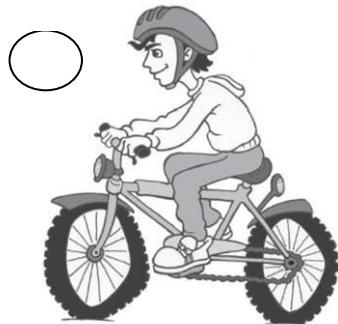
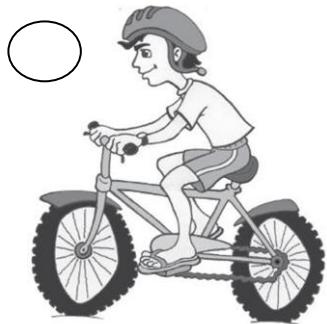


Join the dot to make a cycle helmet. Put a design and colour on the helmet, so that it would appeal to someone of your age.

True or False

1. Wearing a cycle helmet is compulsory.
2. A cycle helmet is safer even if the straps aren't done up.
3. Cycle helmet never wear out.
4. You should be able to move your cycle helmet about on your head.

A safe Cycle



Spot the difference between the two cyclist and their bikes. Put a ✗ in the circle beside the cyclist that you think isn't doing the right thing. Put a ✓ in the box beside the cyclist who is doing the right thing. There are six differences.



SYLLABUS FOR CLASS-III

FOR CLASS THREE

1. What is **Traffic**:

Traffic on roads may consist of pedestrians(walkers), ridden or animal driven, vehicles, streetcars, buses and other conveyances, either singly or together, while using the road for purposes of travel.



Never play around traffic because someone could get hurt.



Never walk without a parent or adult. Walk close to them at all times.



Reflective Materials

Reflective materials are shiny and become brighter when light hits them. You should put reflective materials on your clothing when it is dark outside so drivers can see you.



Intersections

An intersection is where two or more streets meet each other.

2. Tick on the picture which can be dangerous while crossing the road. ()





3. What is this?



4. Name that which type of vehicles are plying on road in this picture ?

- 1.
- 2.
- 3.
- 4.
- 5.

5. Which time is more dangerous to cross the road? Please () tick.



Day



Night

6. Fill in the blanks?

1. Ahmad should walk on the ----- of the road. (Edge/Footpath).
2. If there is no Footpath, I should walk on the ----- of the road, where I can see the incoming Traffic. (Edge/ Middle).
3. Should I cross the Road from the curve? (Yes/NO).

4. Where should I play? ----- (Roadside/ Playground).
5. It is ----- to cross the road from back of the parked vehicle.
(Dangerous/ Not Dangerous).

7. CROSSING THE ROAD

Children pay more attention, when they are crossing the road, because traffic may be dangerous, while crossing the road.

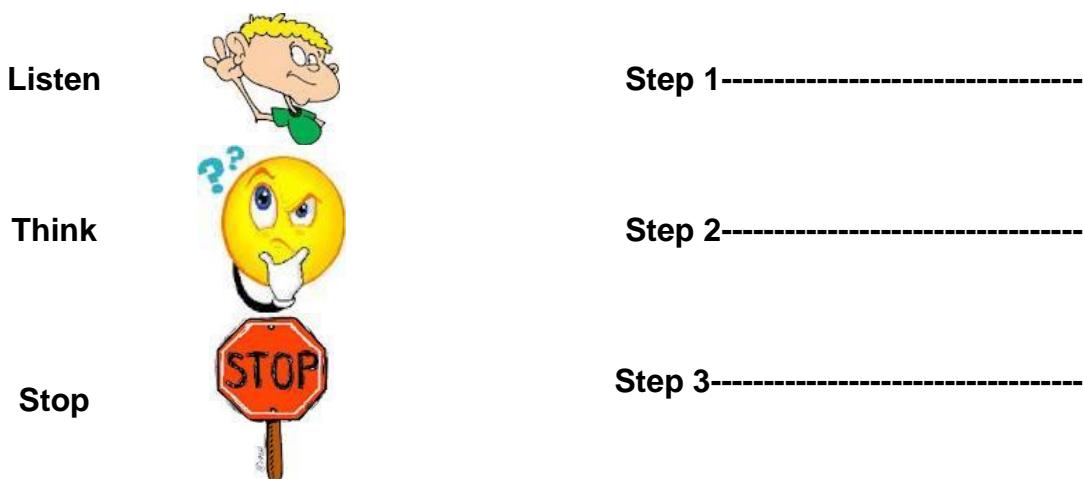
Always Remember

- Stop on the edge of the road.
- Carefully watch on the **Right side** of the road, then **left** and again **Right side** of the road.
- **Listen** to the traffic.
- If there is **No traffic** coming from either side. Then **Cross** the road.
- Walk **Fast and Straight**, to cross the road.
- Remember don't walk **Slow** or **Run** while crossing.
- If group of children wants to cross the road, don't make **Queue** while crossing.
- At **Night** it is **More dangerous** to cross the road.
- Always use **PEDESTRIAN Bridge** to cross the road.

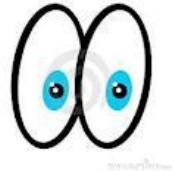
8. Make the steps in order and plan how you cross the road:-



First I have to:-



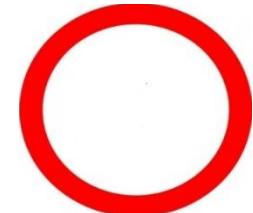
Look



Step 4 -----

9. There are three types of sign boards installed on road.

Mandatory(Compulsory to follow)



Regulatory(For Traffic direction)



Informatory(For information only)



SYLLABUS FOR CLASS-IV

For class-4 **ROAD SAFETY**

TRAFFIC SIGNS AND RULES

We all are on road every day, travelling on, or by the way. These roads help us to reach our place. There are rules to reach any place. All roads follow rules. These rules guides and control the smooth flow of traffic on roads and therefore, called Traffic rules.

We must follow all these rules for our own safety:

Rules for All	Rules for Children
<ul style="list-style-type: none">➤ Always walk on the footpath and to the right side of the road if there is no footpath.➤ Look to the right and left side before you go across the road to make sure that there is no vehicle.➤ Wait for the traffic in motion to stop before you cross the road.➤ Never try to get on to a moving or a crowded bus or any other vehicle.➤ Never travel on the roof of a bus.➤ Never put or wave your hand out of the bus, car or van window.➤ Never stand on the foot board of a bus or a van while travelling.➤ Never cross the road alone, always hold the hand of your father/mother or elder one.	<p>Always ensure that:-</p> <ul style="list-style-type: none">➤ All the persons boarded in the car must wear seat belt.➤ While riding on cycle or bike, both the riders must wear helmets.➤ Loud music is not played and the mobile phone is not used during a drive.➤ The drivers must not smoke during a drive.➤ The drivers do not drive fast and recklessly.➤ Children sit in the back seat➤ The driver follows the traffic signs for a safe drive.

- Based on these rules, some road signs have been developed. The road signs indicate and warn us about anything obvious to follow for an easy and safe journey all the way.
- All drivers, passengers and pedestrians/walkers must also keep an eye on the road signs to be out of harm's way!

Now, let us learn to observe these signs to be safe and sound



Bus Stop



Railway Crossing



Traffic Light



GIVE WAY



No Horn



No Right Turn



U-turn



No U-turn



No entry of Bike



Road Work Ahead



Stop



Roundabout



Ahead Slow



Traffic Slow Speed Breaker



Speed Limit

Children force to sit on front seat

It's normal for kids to express an interest in riding in the front seat of the car in the years leading up to teen-hood. Most of the children force their parents to sit on the front seat. It is a dangerous act because a child can distract the attention of the driver which may lead to an accident. But with parents in online communities referring to the front seat of a car is known as a "suicide seat," "death trap," or "child killer," therefore, under age children always adhere themselves not to sit in the front seat of the car.



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So when does it become reasonably safe to allow a child to ride up front? General reader wisdom says children should not ride in the front of the car until they are 12 years old.

ACTIVITY

1. Fill in the blanks from the given options.

- a) While crossing the road, look to the _____ and then to the_____.
- b) Always cross at the _____ crossing.
- c) Never play on the _____.
- d) Never get on a _____ bus or car.
- e) Never distract the _____ by talking to him or playing loud music.

Match the column with relevant mode of traffic.

If I wish to travel from

- a. Lahore to London** _____ 1.



- b. Islamabad to Murree** _____ 2.



- c. Karachi to Dubai by sea** _____ 3.



- d. Rawalpindi to Gujranwala** _____ 4.



e. Home to a shop _____



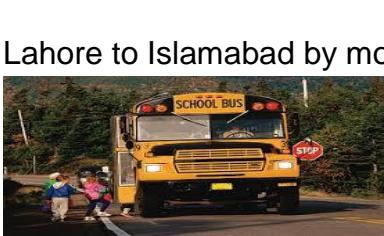
5.

f. Rawalpindi to Multan _____



6.

g. School to House _____



i. Karachi to Saudi Arabia _____



h. Lahore to Islamabad by motorway _____

7.

j. House to Park _____

8.



SYLLABUS FOR CLASS-V

FOR CLASS FIVE



ROAD SAFETY

What is road safety?

ROAD TRAFFIC SAFETY refers to methods and measures for reducing the risk of a person using the **road** network being killed or seriously injured. The users of a **road** include pedestrians, cyclists, motorists, their passengers, and passengers of on-**road** public transport, mainly buses and trams.

Right of Way (round about)



Right of way (ROW) is a term used to describe "the legal right, of a road user at given time or place on the road. Respecting others' ROW helps us in bringing traffic discipline. When people drive vehicles at their will and do not follow any rules, it creates traffic congestion on the roads. It can be described in a simple way that any person or vehicle coming on your right side/hand has the first legal right to go. On a Red signal, all vehicles have to stop and the ROW is with the vehicles which are on the Green signal. Similarly, on a Roundabout, the ROW is with the vehicles which are in the Roundabout.

In the above picture, encircle those vehicles which have the ROW.

TRAFFIC SIGNS

Traffic signs are for guidance of road users. Traffic Signs are an essential component of road furniture. Every one must follow Traffic Sign while travelling on road. There are three types of Traffic Signs, which differ from each other from their shapes.

TRIANGLE SHAPE TRAFFIC SIGNBOARDS

Triangle shape Traffic signboards are called **Regulatory signboards**. They help the road user by assisting, what type of situation coming on the road. For example:



Lights Signal Bend



Zebra crossing



U-Turn Ahead



Two Way Traffic

Right

ROUND SHAPE SIGNBOARDS

Round shape Traffic signboards are called **Mandatory Signs**. Whatever instruction is given in Mandatory Signboards, every road user must have to follow that instruction. Traffic ticket or Challan is given to those who violate Mandatory signboards.



No Entry for



No Horn



Speed limit 50



No Left Turn



No U-turn



No Entry Cycles

SQUARE SHAPE SIGNBOARDS OR RECTANGLE SHAPE SIGNBOARDS

Square shape signboards or Rectangle shape signboards are called **Informatory signboards**. These signboards provide information to road user, for example: the city coming next, direction of Airport etc.



Informatory signboards, on Motorways are **Green** in color and on Highways they are **Blue**.



1. Match the Traffic Signs with their Meanings:



No Entry for Animal Drawn Vehicles

First Aid

Narrow Bridge





Men at Work.



Roundabout



Wild Animal Crossing.



School Ahead



No Parking.



Falling Rocks



No Entry for Pedestrians.



No Left Turn



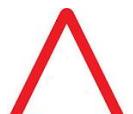
No U-turn



2. What is the difference between these two signs?



3. Explain the following signs







4. Signs, marking,fence etc are called

(road furniture, road marking, road equipment)

5. What kind of signs are installed to indicate speed limits?

(Regulatory, mandatory, informatory)

6. What kind of signs are used for indicating distance ?

(Regulatory, mandatory, informatory)

7. What kind of signs are used for specifying road conditions ahead? (Regulatory, mandatory, informatory)

8. Draw three Regulatory Sign Boards, which you think are most common.

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9. Draw three Mandatory Sign Boards, which you think are most common.

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SYLLABUS FOR CLASS-VI

FOR CLASS SIX

ROAD SAFETY

What is Road Safety?

ROAD TRAFFIC SAFETY refers to methods and measures for reducing the risk of a person using the **road** network being killed or seriously injured. The users of a **road** include pedestrians, cyclists, motorists, their passengers, and passengers of on-**road** public transport, mainly buses and trams.



Cycling: In early age children love to ride bikes. By the time they start school; most children are capable of riding a bike of their own, but not far and not on busy roads. Some of the children at the age of 9-12, try to do one-wheeling, which is most dangerous, which can cause head injury and it is often said as death trap. Children must wear cycle helmet before riding and always run their bikes on the extreme left side of the street. Never try to ride on the main road.

2. What is POWER?

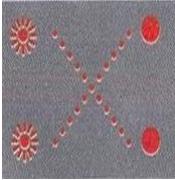
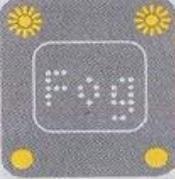
- P** → Petrol / Gas
- O** → Oil / Lubricants / Engine Oil, Brake Oil, Clutch Oil, Auto Transmission Fluid
- W** → Water / Coolant Level etc.
- E** → Electrical articles (Battery, Lights, Sound System, Indicators etc.)
- R** → Rubber Parts (Tyres / Wipers etc.)

Signal by Police

Stopping & Beckoning Signals

		
Traffic approaching from both front and behind.	Traffic approaching from behind.	Traffic approaching from the front
		
Beckoning on traffic from the front	Beckoning on traffic from behind	Beckoning on traffic from the side

Motorway Signals & Signs

		
Don't proceed further in this lane	Lane ahead closed	Reduced visibility ahead
		
Leave motorway at next exit	Temporary maximum speed limit	Information message & temporary speed limit

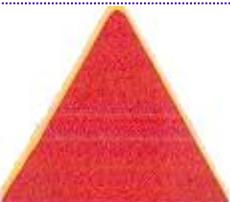
Route Markers

			
Motorway	Provincial Road	National Highway	District Road

Mandatory Traffic Signals

			
Turn to the left	Go straight ahead	Turn to the right	Turn to the right
			
Turn to the left	Go straight or left	Keep to the right	Keep to the left
			
Compulsory roundabout	Lane control sign	Dual Carriageway ahead	Dual carriageway end

Regulatory/Warning Signs

			
Left bend	Right bend	Double bend to the right	Double bend to the left
			
Level crossing (without gate)	Level crossing (with gate)	Carriageway narrow	Narrow bridge
			
Major cross road	Un-even road	Road dips	Advance danger

General Guidelines:

1. Use of safety helmet is must while driving a motorcycle, scooter or moped and the pillion rider. It saves from head injuries while an accident.
2. No one should ever drive without wearing seat belt. It saves 75% from injuries while an accident and sudden break.
3. Children below the age of 12 years must sit on the rear seat of the car.
4. Proper functioning of lights and indicators of a vehicle are mandatory to drive on road. Appropriate light or manual signals must be used before starting, stopping, slowing down, turning or changing lanes, clearly, correctly and well in time.
5. Using of mobile phone while driving is highly dangerous.
6. Change lane only when it is necessary and do not change more than one lane at a time.
7. Overtaking is allowed only from the right side.
8. While joining the main road one must give way to the traffic and join only when road is clear. Give way to the traffic in the round about.
9. Emergency vehicles and Ambulance must be given way overriding all other rules and priorities.
10. No vehicle is allowed to reverse on a main road or within a school zone in any case.
11. Instructions of the traffic police officer in uniform must be obeyed even if they are in contravention of any rule.
12. No horn in front of hospital.

Answer with True and False

1. Keep the slow moving vehicle in the extreme left lane. (T/F)
2. Overtake only from the right side. (T/F)
3. Remain in the middle lane while driving heavy transport vehicle. (T/F)
4. Obey the signals of the traffic police officer in uniform even if they are in contravention of any rule (T/F)
5. While turning right give way to the traffic approaching from the opposite direction. (T/F)
6. Give way to the traffic in the round about. (T/F)
7. No one is allowed to reverse a vehicle on a main road. (T/F)
8. While driving a motorcycle, scooter or moped and the pillion rider wear a safety helmet. (T/F)
9. A vehicle can be carefully reversed in school zone if required. (T/F)
10. If necessary more than one lane can be changed at once. (T/F)

Which of the following signs implies narrow bridge ahead. Please “X” it?



Match the caption with respective sign:



Dual carriageway end



Dual Carriageway ahead



Go straight or left



Lane control sign



SYLLABUS FOR CLASS-VII

FOR CLASS SEVEN

ROAD SAFETY

What is road safety?

ROAD TRAFFIC SAFETY refers to methods and measures for reducing the risk of a person using the **road** network being killed or seriously injured. The users of a **road** include pedestrians, cyclists, motorists, their passengers, and passengers of on-**road** public transport, mainly buses and trams.

COCKPIT DRILL

Before starting your journey, even before starting the engine, you should make a series of checks that will enhance both safety and comfort. The following checks are known as cockpit drill. For a driving test, when you first enter the car you are taking the test in, you must carry out the cockpit drill so that the test examiner can see that you are familiar with the routine.

Doors

Make sure that the boot, bonnet and all doors are closed properly.

Seat Adjustment

Adjust your seat so that you can comfortably reach all the controls. You should be able to fully depress the clutch and accelerator pedals without having to stretch.

Steering Adjustment

If the steering wheel is adjustable, adjust it so that your hands are resting comfortably a little lower than your shoulders.

Mirror Adjustment

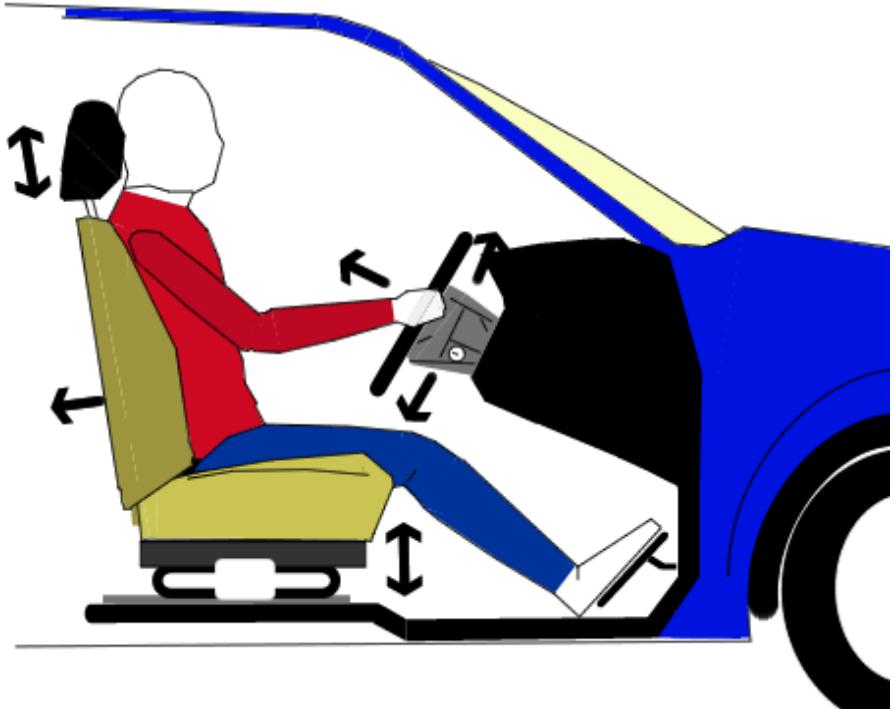
Check your left, centre and right mirrors are correctly aligned, so that you can quickly see what's happening behind you with a glance, without having to move your head unnecessarily.

Seat belt

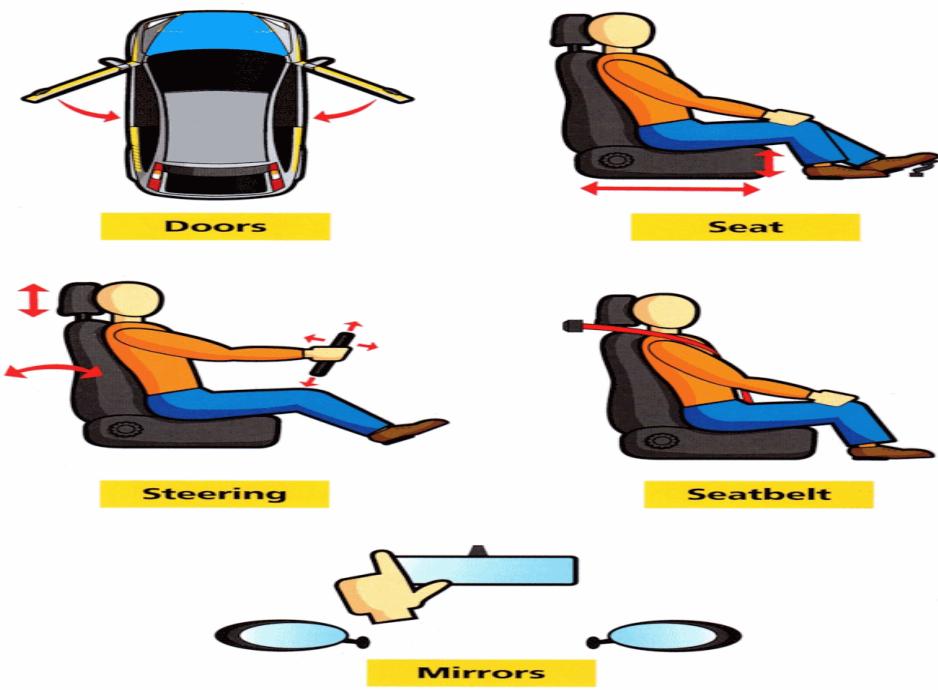
Put your seatbelt on making sure the belt isn't twisted. The belt should be strapped, adjust it so that it is 2-3cms higher than your shoulder, so that the belt gives a firm pressure over the top of your right shoulder, with no gap between the belt and the front of your shoulder.

Hand Brake

Make sure the handbrake is applied and that the gears lever is in neutral or parking position if driving an automatic vehicle.



D.S.S.S.M.



Triangle School of Motoring

Traffic Signs

Traffic signs are silent messengers. They are classified under the three categories:-

Mandatory Road Signs

Mandatory signs are like an order. They are in circle shape. These signs are used to inform road users of certain laws and regulations to provide safety and free flow of traffic. These include all signs which give notice of special obligations, prohibition or restrictions with which the road user must comply. Violation of these signs is a legal offence.



Do not turn left at the intersection

Warning/Regulatory Road Signs

Warning signs are always in triangle shape. These signs are used to warn the road users of the existence of certain hazardous conditions either on or adjacent to the roadway.



Road dip



Narrow bridge ahead

Informatory Road Signs

Informatory signs are usually in rectangle shape. These signs are used to guide road users along routes, inform them about destination and distance, identify points of historical interest and other information etc.



Shows route to airport

(a) Motorway Road Signs

Motorway signs are type of informative signs in green colour. Their purpose is to provide information, help and direction. For example Lahore in right direction and Multan in left direction.



(b) National Highway Road Sign

National Highway signs are type of informative signs in blue colour. Their purpose is to provide information. For example Murree is 20 KMs away.



(c) Construction Road Signs

Construction signs are type of informative signs in orange color. For example work in progress. The purpose is to reduce the speed and be careful.



(d) Hazardous Signs

Hazardous signs are type of informative signs which warn about explosive materials. Purpose is to tell or ask road users to maintain safe distance and be careful.



General Guidelines

- A driver should never bring a vehicle on road that is not in satisfactory condition.
- Use of safety helmet is must while driving a motorcycle, scooter or moped and for the pillion rider also.
- No one should ever drive without wearing seat belt.
- Proper functioning of lights and indicators are mandatory to drive on road.
- Appropriate light or manual signals must be used before starting, stopping, slowing down, turning or changing lanes, clearly, correctly and well in time.
- Change lane only when necessary and do not change more than one lane at a time.
- Slow moving and heavy transport vehicle must remain in the extreme left lane.
- Overtaking is allowed only from the right side.
- While joining the main road, one must give way to the traffic and join only when way is clear.
- Give way to the traffic in the round about.
- **Emergency vehicles must be given way overriding all other rules and priorities.**
- No vehicle is allowed to reverse on a main road or within a school zone in any case.
- Instructions of the traffic police officer in uniform must be obeyed even if they are in contravention of any rule.

ACTIVITY

Answer with True and False

11. Keep the slow moving vehicle in the extreme left lane. (T/F)

12. Overtake only from the right side. (T/F)
13. Remain in the middle lane while driving heavy transport vehicle. (T/F)
14. Obey the signals of the traffic police officer in uniform even if they are in contravention of any rule (T/F)
15. While turning right give way to the traffic approaching from the opposite direction. (T/F)
16. Give way to the traffic in the round about. (T/F)
17. No one is allowed to reverse a vehicle on a main road.(T/F)
18. While driving a motorcycle, scooter or moped and the pillion rider must wear a safety helmet. (T/F)
19. A vehicle can be carefully reversed in school zone if required.(T/F)
20. If necessary more than one lane can be changed at once.(T/F)



SYLLABUS FOR CLASS-VIII

FOR CLASS 8th

ROAD SAFETY

What is road safety?

ROAD TRAFFIC SAFETY refers to methods and measures for reducing the risk of a person using the **road** network being killed or seriously injured. The users of a **road** include pedestrians, cyclists, motorists, their passengers, and passengers of on-**road** public transport, mainly buses and trams.

Speed limits

On motorways the maximum speed limit is 120 km/h for Motor Cars / LTV and for HTV / PSV it is 100 km/h. The minimum speed limit on motorway is 65 km/h. In urban residential areas on highways and on hilly areas, the speed limit is 50-70 km/h. On highways maximum Speed limit for Motor Cars / LTV is 100km/h and for HTV maximum Speed limit is 90km/h. Urban arterial roads generally have an 80 km/h limit and near School Colleges, Hospitals and mosque maximum Speed limit is 40km/h.

Remember over speeding is dangerous and may cause to a horrible accident.



Speed and accident risk

A higher speed increases the likelihood of an accident. Very strong relationships have been established between speed and accident risk: The general relationship holds for all speeds and all roads, but the rate of increase in accident risk varies with initial speed level and road type. Large speed differences at a road also increase the likelihood of an accident. In addition, drivers driving much faster than the average driver have a higher accident risk; it is not yet evident that this is also the case for the slower driver.

Higher speeds: more accidents

High speed reduces the possibility to respond in time when necessary. People need time to process information, to decide whether or not to react and, finally to execute a reaction. At high speed the distance covered in this period is longer. At high speeds the distance between starting to brake and a complete stand still is longer as well. The braking distance is proportional to the square of speed (v^2). Therefore, the possibility to avoid a collision becomes smaller as speed increases.

1 km/h increase in speed → 3% increase in accidents



Truth of overspending

In practice the relationship is more complex. The exact relationship depends among many other things on speed level and road type.

The higher the speed, the steeper the increase in accident risk

The relationship between speed and accident risk is a power function: With increasing speed, the accident risk increases more as the absolute speed is higher.

Always avoid overspending

Overtaking Do not overtake unless you are sure it is safe and legal to do so. Overtake only on the right. You should:

- check your mirrors
- take time to judge the speeds correctly
- make sure that the lane you will be joining is sufficiently clear ahead and behind
- take a quick sideways glance into the blind spot area to verify the position of a vehicle that may have disappeared from your view in the mirror

- **Remember** that traffic may be coming up behind you very quickly. Check all your mirrors carefully. Look out for motorcyclists. When it is safe to do so, signal in plenty of time, then move out
- ensure you do not cut in on the vehicle you have overtaken
- be especially careful at night and in poor visibility when it is harder to judge speed and distance. Be sure you have sufficient distance to return to the same lane or line of traffic without endangering the vehicle being overtaken or any vehicle coming from the opposite direction
- Be sure no other vehicle is overtaking your vehicle by checking the road behind in your mirrors and blind spot

Do not overtake on the left or move to a lane on your left to overtake. In congested conditions, where adjacent lanes of traffic are moving at similar speeds, traffic in left-hand lanes may sometimes be moving faster than traffic to the right. In these conditions you may keep up with the traffic in your lane even if this means passing traffic in the lane to your right. Do not weave in and out of lanes to overtake.

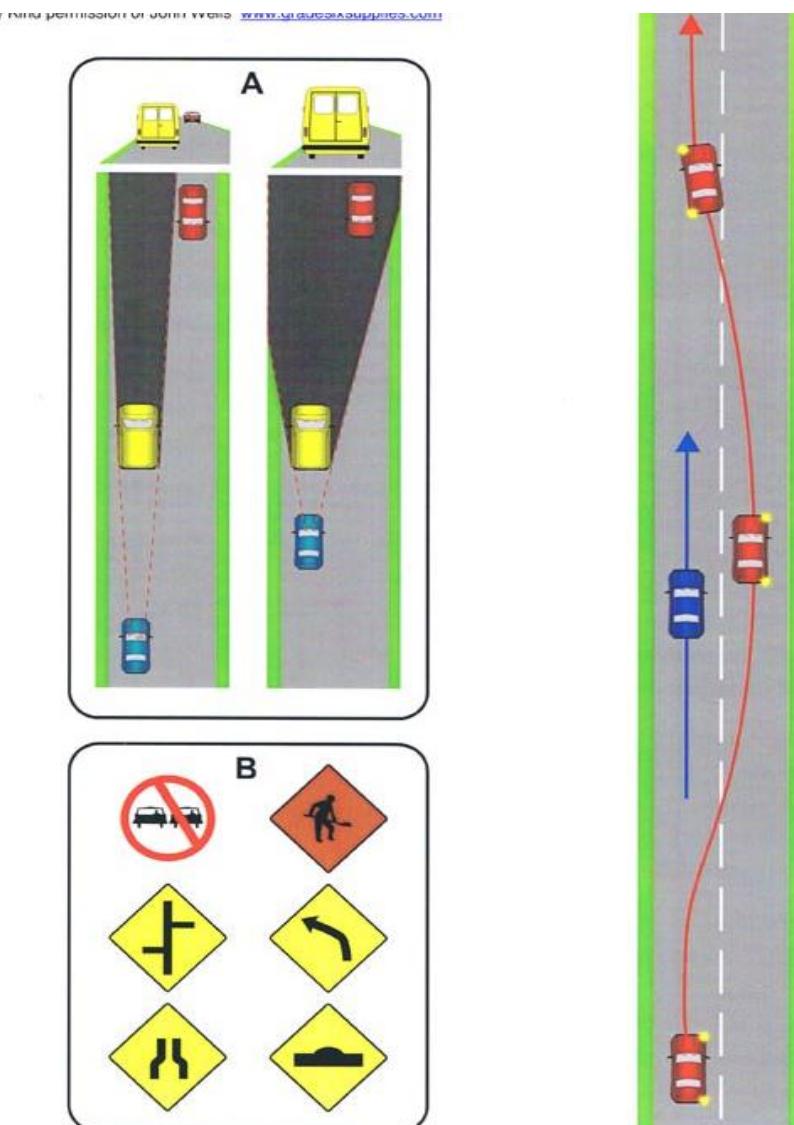


Hard shoulder You **MUST NOT** use the hard shoulder for overtaking. In areas where an Active Traffic Management (ATM) Scheme is in force, the hard shoulder may be used as a running lane. You will know when you can use this because a speed limit sign will be shown above all open lanes, including the hard shoulder. A red cross or blank sign above the hard shoulder means that you **MUST NOT** drive on the hard shoulder except in an emergency or breakdown. In case of Emergency you can park your vehicle for a while on Hard Shoulder.

The basic, message and common sense is “**do not overtake unless you are sure you can**”.

Complete the maneuvers safely and without causing risk or inconvenience to another Road user.

- Signal your intention to overtake for long enough to give sufficient warning to all other road users.



Right way of overtaking

When you overtake, you must:

Leave a safe gap between your vehicle and the vehicle you are overtaking.
Do not return to the lane or line of traffic until you are far enough past the other vehicle to avoid a collision

You must not overtake:

- Where the road ahead is narrow
- On the approach to a children's or pedestrian crossing where another vehicle is stopping or has stopped to give way to pedestrians
- If there is a sign saying "No Overtaking"
- Approaching a crest, bend or dip in the road where there is not a clear view for a sufficient distance ahead to allow you to overtake safely
- On approaching an intersection or junction.

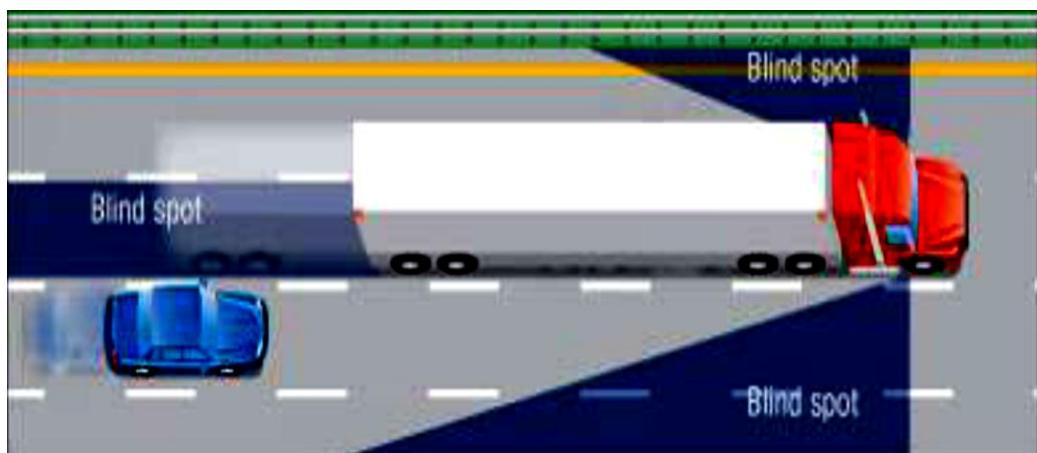
Being overtaken

When driving a vehicle being overtaken by another vehicle, you must;

- keep to the left, if safe, to allow a reasonable space for the overtaking vehicle to pass or
- Keep within your lane and not increase your speed until the other vehicle has completely overtaken your vehicle and returned to the lane or line of traffic.

Procedure for over taking

- If overtaking is necessary you must make sure it is safe to do so
- Use the right mirror properly and ensure that your right side and right lane is clear
- Do the rubber neck exercise for clearing the blind spot if necessary.
- Use the indicator in good time for lane changing.
- After changing the lane, switch off indicators.
- After overtaking make sure you are at a suitable distance from the vehicle, which you have overtaken.
- Observe the left mirror and use the left indicator for lane changing from right to left





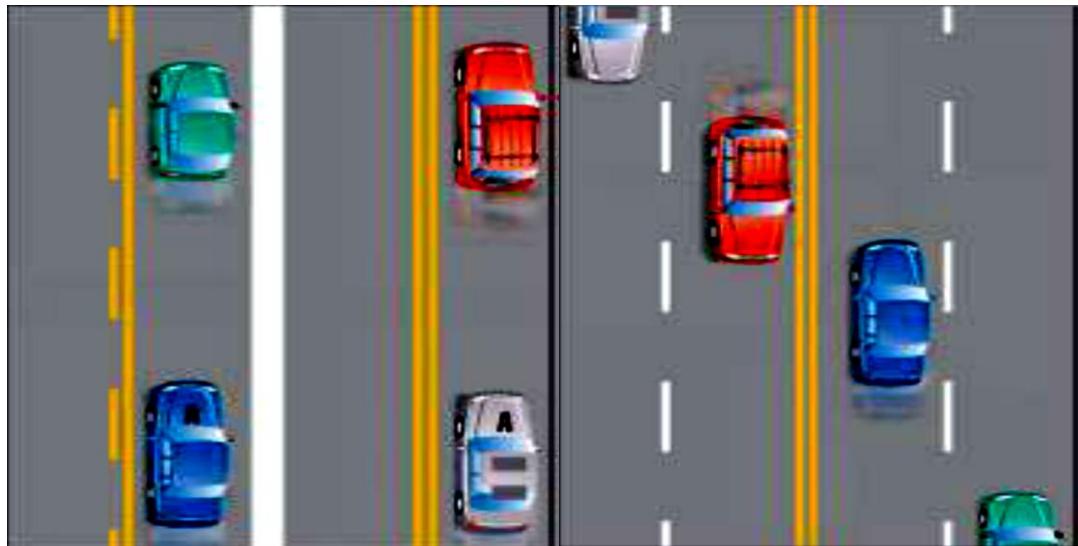
SYLLABUS FOR CLASS-IX

FOR CLASS 9th

ROAD SAFETY

Road traffic safety refers to methods and measures for reducing the risk of a person using the **road** network being killed or seriously injured. The users of a **road** include pedestrians, cyclists, motorists, their passengers, and passengers of on-**road** public transport, mainly buses and trams.

LANE DISCIPLINE



You should always drive in the left-hand lane when the road ahead is clear. If you are overtaking a number of slower-moving vehicles, you should return to the left-hand lane as soon as you are safely past. Slow-moving or speed-restricted vehicles should always remain in the left-hand lane of the carriageway unless overtaking. You **MUST NOT** drive on the hard shoulder except in an emergency or if directed to do so by the police, traffic officers in uniform or by signs.

Road marking always speaks, therefore, keep yourself within the road markings indicating your lane unless you are changing lanes or direction. Motorways, highways, dual carriageways, roundabouts and junctions, all have lanes. Lanes are defined by broken or solid white lines. The road area in between two lines (dotted lines) (divided line) specifically allotted for traffic is called lane.

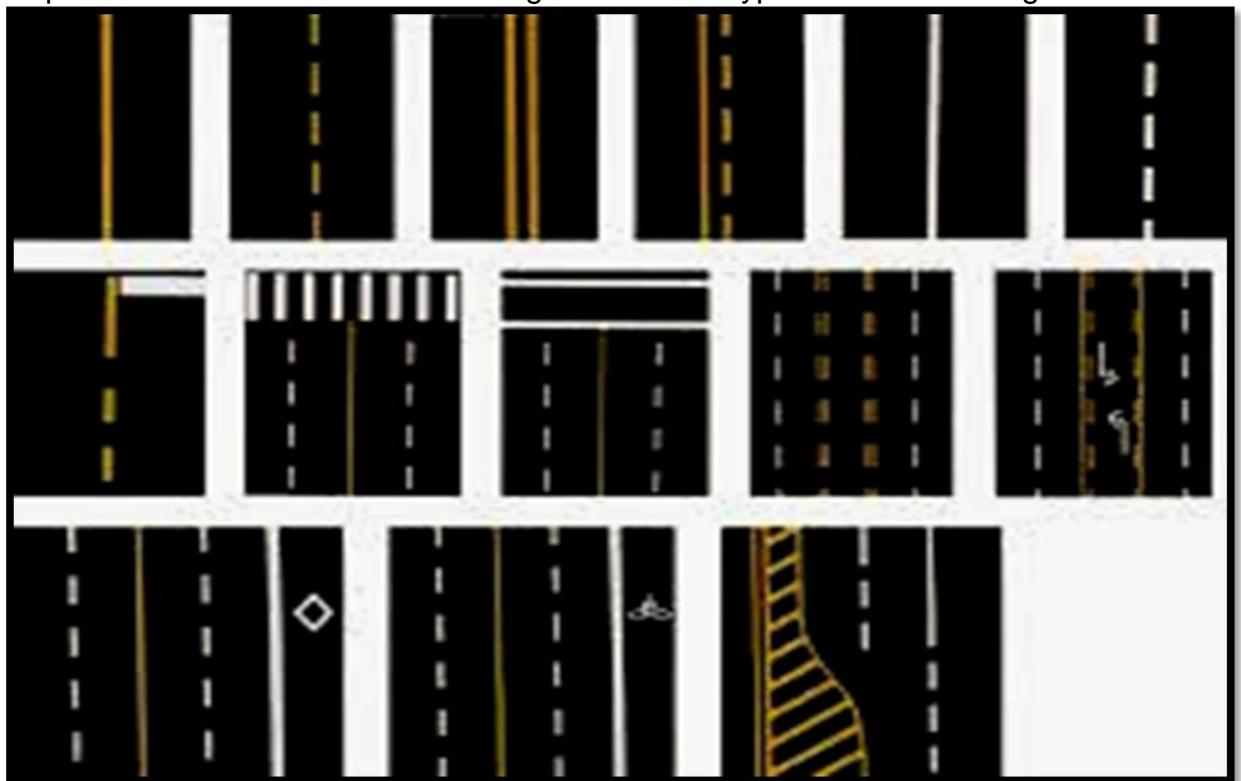
Lane discipline is essential for safe driving. Following are a few tips for lane discipline:

- On a two lane dual carriage way you should stay in the left hand lane. Use the right hand lane for overtaking and turning right. After over taking, move back to the left lane when it is safe to do so.

- On a three lane dual carriage way, you may use the middle lane or the right hand lane to overtake but return to the middle and then the left hand lane when it is safe to do so.
- When changing lanes or road position you must;
 1. use the Mirrors Signals Manoeuvres (MSM)&Position Speed Look(PSL) routine
 2. make sure you move in to the correct lane
 3. use signals if necessary
- When you enter a one way street you should position your car according to your intention whether to go ahead, turn left or turn right.
- When turning left, keep the left hand lane
- When turning right, keep the right hand lane
- When going straight ahead, let the road markings guide you. If there are no lane markings then you will usually need to select the left hand lane.
- Always keep within the road markings indicating your lane unless you are changing lanes or direction. You must never weave from lane to lane or change lanes suddenly.

ROAD MARKINGS SPEAK

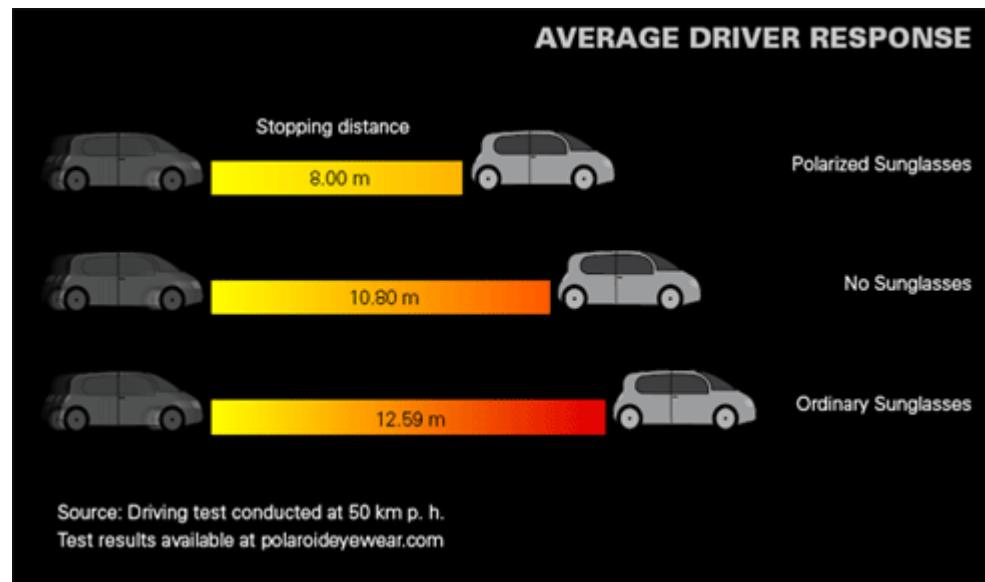
The purpose of road marking is to enforce lane discipline and guide the road users. Lane markings inform and guide road users about correct lane when approaching a junction you should look out for relevant road marking and respond to them as needed. Following are different types of road markings:



ROAD SENSE

Driving experts remind us of important common sense tips of the road which should be followed:-

Increase awareness and reaction time



Reaction Time

The reaction time is the amount of time that elapses between the recognition of an object or hazard in the roadway and the application of the brakes. The length of the brake reaction time varies widely between individual drivers. An alert driver may react in less than 1 second, while other drivers may require up to 3.5 seconds.

The awareness and reaction time depends on an extensive list of variables, including:

- Driver characteristics such as attitude, level of fatigue, and experience.
- environmental conditions such as the clarity of the atmosphere and the time of day
- The properties of the hazard or object itself, such as size, colour and movement.

To make highways reasonably safe, the engineer must provide a continuous sight distance (see the stopping sight distance module) equal to or greater than the stopping sight distance. As an integral part of the stopping sight distance, a value for the brake reaction time must be assumed. Extensive research has shown that 90% of the driving population can react in 2.5 seconds or less. The brake reaction time normally used in design, therefore, is 2.5 seconds. The distance travelled during the brake reaction time can be calculated by multiplying the vehicle's initial speed by the brake reaction time.

Both the brake reaction time and the braking distance are used in the calculation of the stopping sight distance. Further things to remember are;

- You should be looking farther down the road than the tail lights of the car in front of you.
- Position yourself so that you have an empty lane or a shoulder next to you.
- At stoplights or stop-and-go traffic, leave enough room from the car in front of you so that you can get around them if needed.
- Easy on the brake, easy on the gas. If you follow the above rules, you should be able to avoid knee-jerk reactions.

Keep your distance

"Keep a minimum of a three-second distance between you and the vehicle in front of you," In extreme weather conditions, you should increase this amount of time from three to five seconds.

Use your lanes wisely

Using lanes properly is of the essence on the road today. "The correct lane should be used while driving. First lane is for slow moving vehicles and HTV/PSVs, Second for LTV and Third lane is for overtaking only.

Don't get distracted

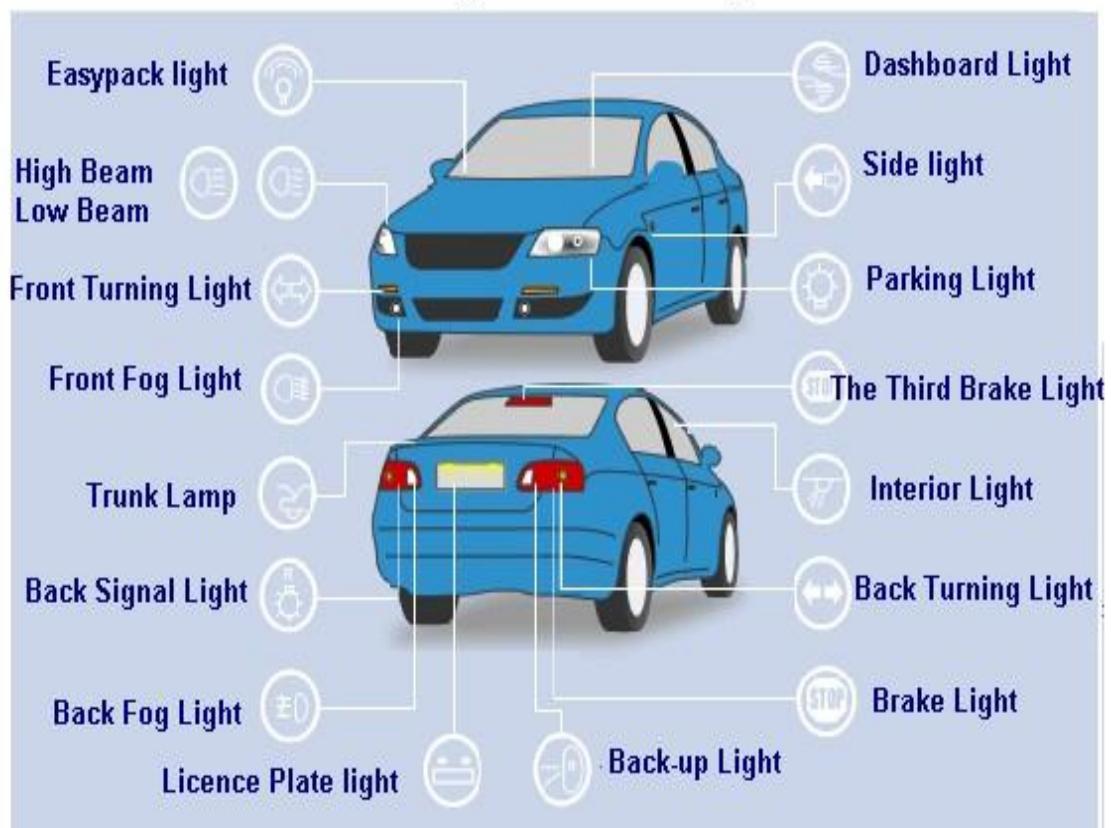
It's important to focus on the road — and nothing else — when driving. "Distracted driving — such as eating, texting, applying makeup and pets on laps — all contribute to thousands of accidents every year. Even the most advanced drivers should be aware of these dangers while driving.

Lights

The lighting system of a motor vehicle consists of lighting and signalling devices mounted or integrated to various parts of a motor vehicle. These may include the front, sides, rear and, in some cases, the top of the vehicle. The purpose of this system is to provide illumination for the driver and other road users. This enables safe vehicle operation after dark and increases the visibility of the vehicle. The lighting system allows other drivers and pedestrians to observe the vehicle's presence, position, size, direction of travel, and the driver's intentions regarding direction and speed of travel.

There are several lights in vehicles like head lights, indicators, brake light, reverse light, parking light, hazard lights, fog lights and room light etc. Each light convey different message and has different usability. Lights should be used in right time and on required circumstances according to need.

The usage of LED car light



Hazard lights

Hazard warning lights are a pair of intermittent flashing indicator lights that flash in unison to warn other drivers that the vehicle is a temporary obstruction. They are also called hazard flashers and hazard lights. They are usually activated by pressing a button on the dashboard that looks like a red triangle, as shown.



When should you use hazard warning lights?

They are to warn other road users that you are a temporary hazard. For example, if your vehicle is broken down on the side of the road, or you are

changing a tyre and your cars being towed, you should use your hazard warning lights.

If you are being towed and you are using your hazard lights, you will need to use hand signals to indicate direction because the hazard lights override the indicators

When shouldn't you use hazard warning lights?

They shouldn't be used if you are driving in traffic. You should not use them to warn other drivers if you parked illegally (you shouldn't be parking illegally).



SYLLABUS FOR CLASS-X

FOR CLASS-10 **ROAD SAFETY**

WHAT IS ROAD SAFETY.

ROAD TRAFFIC SAFETY refers to methods and measures for reducing the risk of a person using the **road** network being killed or seriously injured. The users of a **road** include pedestrians, cyclists, motorists, their passengers, and passengers of on-**road** public transport, mainly buses and trams.

SEAT BELT:

A **seat belt**, also known as a **safety belt**, is a vehicle safety device designed to secure the occupant of a vehicle against harmful movement that may result during a collision or a sudden stop. A seat belt functions to reduce the likelihood of death or serious injury in a traffic collision by reducing the force ofsecondary impacts with interior strike hazards, by keeping occupants positioned correctly for maximum effectiveness of the airbag (if equipped) and by preventing occupants being ejected from the vehicle in a crash or if the vehicle rolls over.

Whiledriving, the driver and passengers are travelling at the same speed as the car. If the car suddenly stops or crashes, the driver and passengers continue at the same speed the car was going before it stopped. A seatbelt applies an opposite force to the driver and passengers to prevent them from falling out or making contact with the interior of the car. Motor vehicle crashes are a leading cause of death among those aged 1-54. More than 2.2 million adult drivers and passengers were treated in emergency departments in US only in 2012. Seat belt uses is the most effective way to save lives and reduce injuries in road crashes.



How big is the problem of crash related - injuries and death?

Motor vehicle crashes are a major public health problem.

- Non-fatal crash injuries resulted in more than \$50 billion in lifetime medical and work loss costs in 2012.
- **Motor vehicle crashes are the leading cause of death among teens.**
- Young adults (18-24) have the highest crash-related injury rates of all adults.

What is the impact of seat belt use?

- Seat belts reduce serious crash-related injuries and deaths by about half.
- Air bags provide added protection but are not a substitute for seat belts.
Air bags plus seat belts provide the greatest protection for adults.
- Seat belt saves more than 85% from injuries during road crashes or applying sudden breaks.

Who is least likely to wear a seat belt?

- Of the teens (aged 13-20 years) that died in crashes in 2012, approximately 55% of them were not wearing a seat belt at the time of the crash.
- Adults age 18-34 are less likely to wear seat belts than adults age 35 or older.
- Men are 10% less likely to wear seat belts than women.

1 Mobile phones and driving safety



MOBILE PHONE use while driving is common, but widely considered dangerous due to distracted driving. Due to the number of accidents that are related to cell phone use while driving, as per law the use of cell phone directly or through hands free deviceis illegal and leads towards accident.

MOBILE PHONES

- Driving is a task that requires all of your attention in order to be safe. There is a lot of research showing that mobile phones distract people from other tasks.
- **Using ANY mobile phone when driving is dangerous**
- Using a mobile phone, or using hands free device means that the driver's attention is distracted from the road.

Can I use a mobile phone with the phone in my hand while driving?

No. Driving with a mobile phone in the driver's hand is illegal. This includes, but is not limited to, making and receiving calls and any other function of the phone. You can be fined if your mobile phone is in your hand for any reason while you are driving.

Can I use a mobile phone that is in my hand while stopped at traffic lights or in a queue of congested traffic?

No. If you are stopped in traffic it is illegal for the driver to use a mobile phone that is held in his or her hand.

Can I stop on the side of the road to use my mobile phone?

Yes so long as you park legally.

The facts

- Studies show that drivers using a hands-free, text or handheld mobile phone are slower at recognizing and reacting to hazards and a split-second lapse in concentration could result in a crash.

The law

- It's illegal to use a handheld mobile when driving.
- This includes using your mobile phone to follow a map, read a text or check social media. This applies even if you're stopped at traffic lights or queuing in traffic.
- You can only use a handheld phone if you are safely parked or need to call motorway police helpline "130" or any emergency No. e.g. 15 or 119 etc in an emergency.

- If you're caught using a handheld phone while driving, you'll get penalty of fine of Rs.300 or more.
- You may use a hands-free phone while driving but you can still be prosecuted if you're not in proper control of your vehicle. The penalties are same as being caught using a handheld phone.

What does 'park legally' mean?

To stop and stay in an area where there is no prohibition on stopping or parking. It is recommended that you secure the vehicle by applying parking brakes; put the automatic transmission into 'park' and turn off the ignition.

What is the best road safety advice for the use of mobile phones while driving?

The link between driver distraction and increased crash risk has been demonstrated by a number of studies. The Motorway Police wants drivers to recognize that any action that distracts from the driving task is a risk to their safety (as well as everyone else's). Drivers should choose not to engage in potentially dangerous activities while driving. Too many drivers in Pakistan are being distracted while on the road by things like mobile phones, iPods and other hand-held devices.

1.1 Traffic Signs

Traffic signs are silent messengers. They are classified under the three categories:-

1.1.1 Mandatory Road Signs

Mandatory signs are like an order. They are in circle shape. These signs are used to inform road users of certain laws and regulations to provide safety and free flow of traffic. These include all signs which give notice of special obligations, prohibition or restrictions with which the road user must comply. Violation of these signs is a legal offence.



Do not turn left at the intersection

1.1.2 Warning Road Signs

Warning signs are always in triangle shape. These signs are used to warn the road users of the existence of certain hazardous conditions either on or adjacent to the roadway.



Narrow bridge ahead

1.1.3 Informatory Road Signs

Informatory signs are usually in rectangle shape. These signs are used to guide road users along routes, inform them about destination and distance, identify points of historical interest and other information etc.



Shows route to airport

1.1.3.1 Motorway Road Signs

Motorway signs are type of informative signs in green colour. Their purpose is to provide information, help and direction. For example Lahore in right direction and Multan in left direction.



1.1.3.2 National Highway Road Sign

National Highway signs are type of informative signs in blue colour. Their purpose is to provide information. For example Murree is 20 KMs away.



1.1.3.3 Construction Road Signs

Construction signs are type of informative signs in orange color. For example work in progress. The purpose is to reduce the speed and be careful.



1.1.3.4 Hazardous Signs

Hazardous signs are type of informative signs which warn about explosive materials. Purpose is to tell or ask road users to maintain safe distance and be careful.





SYLLABUS FOR CLASS-XI & XII

For Class-11/12

ROAD SAFETY

What is road safety?

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USE OF HELMET

Motorcycle helmets are basically aimed at absorbing the impact of collision to the brain in case of an accident. With this in mind, among the first things that one should be looking for is the material of the helmet. Lightweight, tough and crack resistant fibbers and grades of plastic have made it into the helmet manufacturing processes in a big way. Impact resistance can be gauged from the shape and size of the helmets. One ought to educate oneself to ensure that the money spent is worth it.



Helmets and Motorcycle Safety

According to the 2014 statistics of the Road Traffic Injury Research and Prevention Centre, which collects data of road accidents from five public and private sector hospitals of the Karachi city only, which shows 24,360 accidents and 30,274 injuries were reported last year. Over 1,000 people died in traffic accidents in Karachi only (the number could be much higher considering the fact that the data is based on information received from hospitals that receive brought-dead cases).

Each year more than 2,200 people are killed and more than 55,000 are injured in motorcycle crashes in Pakistan (the number could be much higher considering the fact).

If these individuals had been wearing helmets, many of these deaths and disabling injuries would not have happened. Why? Because a helmet is the motorcyclists most effective piece of safety equipment.

ONE WHEELING



“One-wheeling is basically riding a motorbike, using a single wheel, which is dangerous,” and leads towards death trap.

Pakistan is the only country where young bike riders without wearing helmets resort to one-wheeling, often carry out dangerous stunts like lying flat, standing on motorbikes and driving with backs facing the handle.

Lights

The lighting system of a motor vehicle consists of lighting and signaling devices mounted or integrated to various parts of a motor vehicle. These may include the front, sides, rear and, in some cases, the top of the vehicle. The purpose of this system is to provide illumination for the driver and other road users. This enables safe vehicle operation after dark and increases the visibility of the vehicle. The lighting system allows other drivers and

pedestrians to observe the vehicle's presence, position, size, direction of travel, and the driver's intentions regarding direction and speed of travel. There are several lights in vehicles like head lights, indicators, brake light, reverse light, parking light, hazard lights, fog lights and room light etc. Each light convey different message and has different usability. Lights should be used in right time and on required circumstances according to need.

Hazard lights

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HOW WELL CAN YOU SEE AHEAD?

Many users are confused about when to use of low beam and high beam headlights.

Think about this: low beams let you see about 200 feet ahead. It can take about 200 feet to stop when you drive at 30 mph. That is almost half a city block in length. If you cannot see 200 feet ahead, you may not be driving safely at 30 mph. By the time you see an object in your path, it may be too late to stop without hitting it.

Headlights on “upper” or “high” beam let you see about 350-400 feet ahead. 400 feet is your approximately stopping distance when driving at 50-55 mph. That is about the length of a city block.

In other words, high beams let you see twice as far as low beams.

WHEN TO USE HIGH BEAM HEADLIGHTS

In any situation when you cannot see well enough ahead, you should start by slowing down. Remember the basic speed law and the two-second rule.

When you cannot see well enough, you must increase your following distance which means more seconds. **If there are no oncoming vehicles, turn on your high beam headlights.**

In general, you should always use high beams outside cities and in rural areas, as long as there are no other vehicles around. **Dim your lights when there are oncoming vehicles, or when you are approaching another vehicle from behind.**

During poor visibility it is particularly important to use high beams on unfamiliar roads, on dark city streets, in construction areas, or where there may be people or bicyclists along the side of the road. Remember to adjust your speed and not overdrive your headlights.

You must also dim your headlights in all situations when there is a risk of blinding other drivers with your high beams.

Driver Negligence/Distraction

Driving is a full time job and most of the accidents (90%) due to drivers' negligence or distraction. There has been much attention about driver distraction due to the use of mobile phones in vehicles, but increasingly research is also revealing the dangers of other forms of driver multi-tasking, and its out driver distraction, other road users, riders, cyclists, and even pedestrians can also be distract contribution to road accidents.

Driver is distracted when they pay attention to a second activity while driving. People cannot always safely multi-task in this way, especially if the second activity is time consuming or complex.

The second activity puts extra demands on the driver, which may reduce his or her driving standard. For example, it may cause the driver to become less observant or to make worse decisions about how to control the vehicle safely. This lower standard of driving means that a driver is more likely to fail to anticipate hazards, and means accidents can occur due to the distraction.

In theory, there are as many potential causes of distraction as there are things to which drivers could pay attention. In reality, however, drivers tend to prioritize information so that they pay the most attention to information or activities needed for driving.

Distraction can be either driver initiated (where the driver starts carrying out a distracting activity) or non-driver initiated (the unpredictable actions of something or someone else).

Objects, events, or activities both inside and outside the vehicle can cause distraction. In-vehicle distractions can be caused by technology, or by other sources inside the vehicle such as passengers. External distractions may be when a driver concentrates on unimportant events or objects, or when another person does something unusual.

Please remember! Driving is a full time job and any type of distraction by the driver may cause to an accident. Following some road signs which can save your travelling, if remembered.



Road Safety Tips for Different Categories of Road Users

As pedestrian

Dos

1. Walk on any side of the road if there are footpaths
2. On roads without footpath walk on your extreme right side facing the oncoming traffic.

3. Use Zebra Crossing, Foot over Bridge & Subways to cross the roads. Where such facilities are not available be extra cautious while crossing road.
4. Children below 8 years of age should cross the road with the help of elders Cross the road when the vehicles are at a safe distance
5. Wear light coloured dresses during night

Don'ts

1. Don't cross the road hastily by running
2. Don't cross the road in front of or in between parked vehicles
3. Don't try to cross the road from blind corners, turnings where you are not visible to the vehicle drivers
4. Don't jump over the railings to cross the road

As cyclist

Dos

1. Cycle must be fitted with the standard gadgets – bell, brakes, rearview mirror, both front & back mudguard painted white, reflective tapes affixed at the front & back
2. Cycle on the extreme left side of the road or use service road, if available Avoid busy roads
3. Keep a safe distance from fast motorized vehicles Give proper indications before stopping or turning

Don'ts

1. Don't indulge in any kinds of stunts
2. Don't load the cycle with another person or heavy goods Don't ride holding on to other fast moving vehicle

While commuting in school transportation

Dos

1. Get up early and start from home early
2. Board the bus from the designated bus stop in a queue Once inside the bus behave properly
3. Hold on to the railings of the bus
4. Alight only at the designated bus stop
5. Get down only when the bus has completely stopped
6. The number of students should not exceed 1.5 of the actual seating capacity
7. If the driver is not following the road safety norms bring it to the notice of school authorities/parents or Police Helpline 15 or NH&MP Helpline 130.

Don'ts

8. Do not rush or run to catch your bus
9. Do not stand on the steps of the bus
10. Do not make noise that may distract the driver
11. Do not put any part of the body outside the bus
12. Do not alight from a moving bus

As pillion rider/co-passenger

1. Always wear helmet/seatbelt
2. Do not indulge in talking with the driver
3. Children below 12 years of age should occupy the back seat

Play at safe places

1. Do not play on roads
2. Look for a playground or vacant land to play

Do not play around a vehicle parked inside your school premises/colony or near your residence

Road Safety *saves your life.*
