

Topic: Safety Guidelines

Sub-topics:

1. Safety Guidelines for Pedestrians
 2. Safety Guidelines for Cyclists/Motorcyclists
 3. Safety Guidelines for Motorists
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Lesson Objectives

By the end of this lesson, students should be able to:

- Identify and explain safety guidelines for **pedestrians**.
 - State the safety rules for **cyclists and motorcyclists**.
 - Mention important safety guidelines for **motorists** (car drivers).
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Introduction

Safety is the state of being protected from danger or harm. Whether we are walking, riding, or driving, there are rules that keep us safe. These rules are known as **safety guidelines**.

Understanding and obeying these guidelines helps to **prevent accidents** and **save lives**.

1. Safety Guidelines for Pedestrians

A **pedestrian** is a person walking on foot, especially on the road or pavement.

Rules for Pedestrians:

- Always **use the sidewalk or footpath**.
- **Look left, right, then left again** before crossing any road.
- **Use pedestrian bridges** where available.
- **Obey traffic signals** and crossing signs (e.g., zebra crossing).
- **Avoid using phones or headphones** while walking on roads.
- Do not cross roads at **corners or bends**.

- Wear **bright or reflective clothes** at night.

 Remember: “**Stop, Look, Listen, and Cross**” is the golden rule.

2. Safety Guidelines for Cyclists and Motorcyclists

These are people who ride bicycles or motorcycles on the road.

Rules for Cyclists/Motorcyclists:

- Always **wear a helmet** to protect the head.
 - Wear **appropriate clothing** (e.g., boots, gloves, protective jackets).
 - **Check your brakes, tyres, and lights** before riding.
 - **Ride on the correct side** of the road.
 - **Obey all traffic rules and signs.**
 - **Use hand signals** when turning or changing lanes.
 - Do not carry **more than one person** on a motorcycle.
 - Avoid **speeding**, especially in crowded areas.
 - **Do not ride under the influence** of alcohol or drugs.
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3. Safety Guidelines for Motorists

A **motorist** is a person who drives a car or vehicle on the road.

Rules for Motorists:

- **Always wear your seatbelt.**
- **Obey speed limits** and all road signs.
- Do not **use your phone** while driving.
- **Do not drive under the influence** of alcohol or drugs.
- Always **check your mirrors** before turning or changing lanes.
- Make sure your car is in **good condition** before use (e.g., brakes, tyres, lights).
- **Stop at red lights** and allow pedestrians to cross.

- Be patient and avoid **road rage**.
 - Give way to **emergency vehicles** (e.g., ambulance, fire truck).
 - **Use headlights** at night or in bad weather.
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General Importance of Road Safety Rules

- Reduces the number of **accidents** on roads.
- Protects the lives of **road users**.
- Encourages **discipline and responsibility**.
- Makes roads safer and more **organized**.