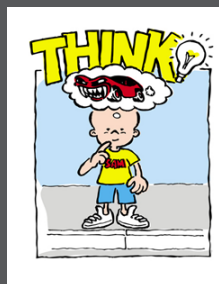
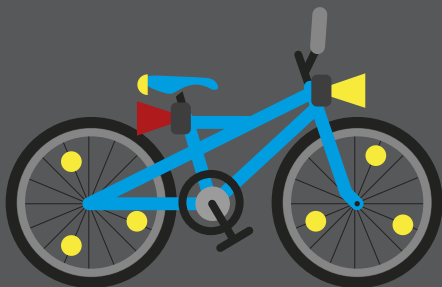
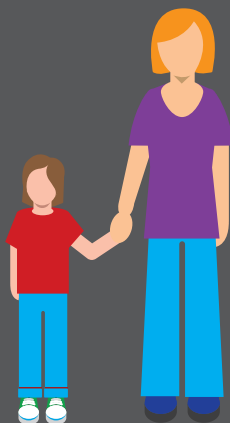


Stay safe

Road safety - a skill for life



Stay safe

Road safety is a skill for life

Your child has recently taken part in a road safety awareness session. They have learnt about how they can stay safe when travelling to school. There are some things you can do to help.

Follow the advice in this leaflet and share the key messages with your child/children.

Today's young pedestrians will one day become drivers and riders.

Together we can help keep them safe now and make them better and safer road users in the future.

Be a positive role model

Children learn more from your driving behaviour than you think.



**As adults, you can
demonstrate a safe, positive
attitude both behind the
wheel and as a passenger.**

Stay safe

Introduction for parents

Walking to school

- Adults are taller and so it's easier to see dangers. Take the time to teach children road safety at every opportunity.
- Wear something bright so you can be seen clearly from a distance.
- Stay away from the kerb. If possible let children walk on the inside, the furthest away from the road. On narrow pavements keep children in front of you – not running ahead or trailing behind.
- Only scooter where it is safe. Children should stay close and listen for instructions – you may see dangers they haven't.
- Wear a safety helmet. They offer extra protection on bicycles and scooters.
- Use the zebra crossing. Teach children to wait a safe distance from the kerb until they can cross with an adult.

Driving to school

- Slow down! Respect the speed limits and only travel at that speed if it is safe to do so. Children can help look out for important signs so you can stay safe and avoid a fine.
- Set a good example. Wear your seat belt and make sure everyone else in the car does so also.
- Don't become distracted by mobile phones or other passengers.

Stay safe

Introduction for parents

Things you should know

We nearly all use a car to get us around every day. Think how your life might change if you lost your licence because you didn't know the law.

Speed limits

- Every public road has a maximum speed limit. It is the maximum speed and not the speed that is always safe to drive at.
- Always drive responsibly – within your capabilities, that of the vehicle and according to the weather conditions.

Winter conditions

- The journey to school or work should take longer in the winter. In wet or wintry conditions the car may take over three times longer to stop.
- Drive more slowly in the winter and remember you may need to leave home earlier. The children have been encouraged to help by getting ready more quickly, packing their bags and cleaning their shoes the night before.
- Icy windscreens take time to clean. Make sure your car windows are clear to avoid collisions or the risk of a fine.

Stay safe

Introduction for parents

Large vehicles

Large vehicles have different speed limits to cars and motorcycles. Over a certain weight they can only travel at a maximum speed of 50mph on a single carriageway road. Don't get frustrated – relax, drop back and be patient.

Car seats

Everyone must wear a seat belt when travelling by car, unless exempt. Children under the age of 12 and under 135cm tall must also use a suitable car seat. If you are unsure of the requirements or how to fit a child seat correctly get advice, don't risk injury or prosecution. Set an example every time you get into a car; seat belts save lives and should be 'second nature' when travelling by car.

Mobile telephones

Mobile phones and other distractions contribute to road accidents. Don't risk an accident happening to you or losing your licence. Turn your phone onto silent and let the answer phone take a message. Even using a hands free phone greatly increases your chance of having an accident.

Keep safe – drive legal

Think of life without the ability to drive!

CarSeat Smarter



co.uk



SEAT TYPES EXPLAINED

Essential seat
maintenance tips

Top tips to keep
children safe on
every journey

Download your
FREE
car seat guide on
completion

Get started now



Responsive

A responsive platform means you can do the CarSeatSmarter course on your mobile, tablet, laptop or desktop.



Video

The six modules are video-based, each one lasting just a few minutes, so the information is easy to take in.



Certificate

Once you've done the CarSeatSmarter course, download your personalised certificate to show you've taken it.



Car Seat Smarter is an online course consisting of six modules. Doing the course is easy, it takes just a few minutes and it will help to guide you through the minefield of buying the right seat and fitting it correctly.

Step 1

Work through six informative short videos



Step 2

Perform an interactive task after each video



Step 3

Download your personalised certificate



This course will help you learn how to transport children safely and without breaking the law. It also explains:

- How to spot common fitting mistakes
- How to get the best advice from a retailer
- If your vehicle is the right one for your child seats
- Which seat is the safest for your child

Car Seat Smarter is an Avon & Somerset Constabulary Road Safety initiative

When registering
online, please
use the code
SRS1

Scan me



Stay safe Driving and Parking near schools



Reduce your speed
near to schools and
beware of children

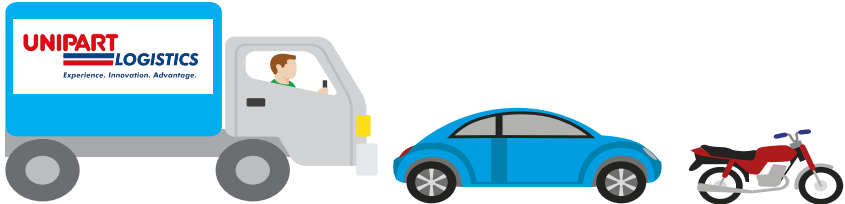


Do not park on double
yellow lines

Do not park on Zig Zag lines.
Children need a clear road
crossing location so they can
Stop, Look, Listen and Think!

W-SCHOOL KEEP CLEAR-W

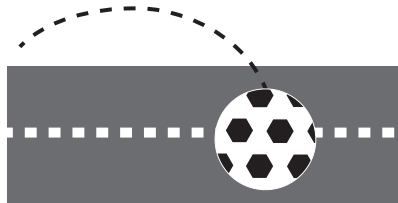
Stay safe Walking near to roads



Roads are made for traffic which can be busy.



Always hold hands
with an adult.



Never play near the road.



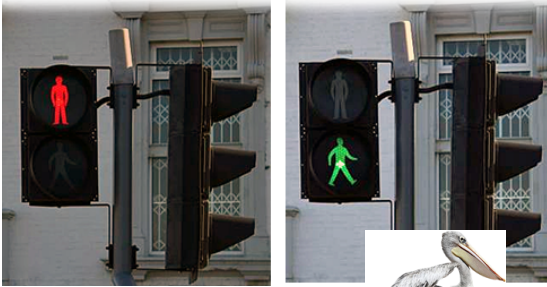
Zebra Crossing.



School Crossing Patrol

Stay safe

Crossing the road



Pelican Crossing.

- A **RED** MAN SHOWS WHEN **NOT** TO CROSS
- A **GREEN** MAN SHOWS WHEN TO CROSS
- CHECK THE TRAFFIC HAS STOPPED



Puffin Crossing.

- WAIT FOR THE **GREEN** MAN
- CHECK THE TRAFFIC HAS STOPPED



Toucan Crossing.



Riding bikes and scooters safe



Keep your bike or scooter in good working order.



Wear the correct protective gear: helmet, elbow pads, knee pads, gloves.



No Cycling



Beware of Cyclists

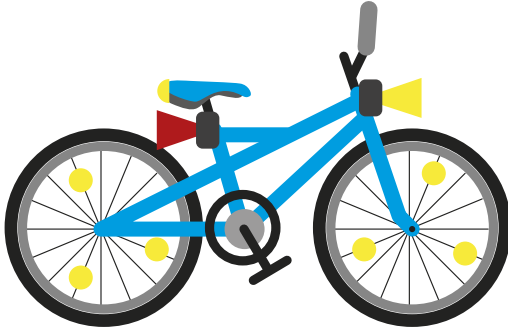


Always use a scooter on the pavement, cycle on the pavement when permitted.

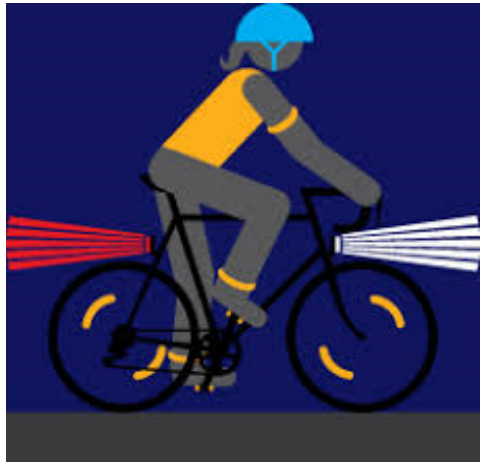
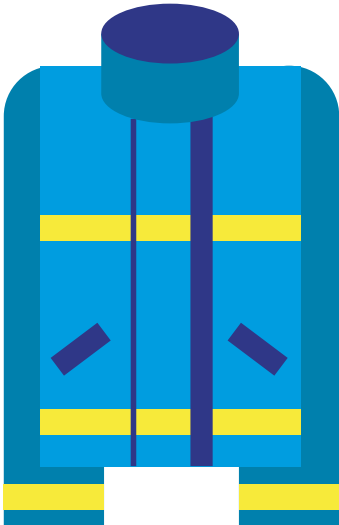


Learn to control your bike or scooter properly.

Riding bikes and scooters safe



Check your bike every time you ride, remember ABC - air, brakes, chain.



Wear bright or reflective clothing so that you can be seen and always use lights at night.

Lorry safety



Trucks give out warnings when they are going backwards – white lights, beeping or a voice recording. If you hear any of these, get out of the way.

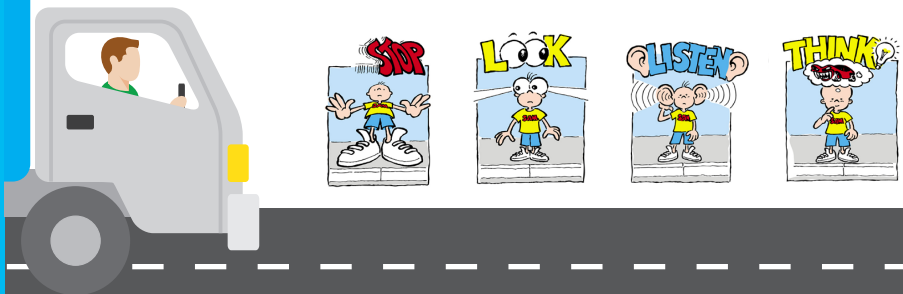


Trucks are very noisy and drivers can't see or hear what's happening outside.

Lorry safety



Stay away from the front, sides and back of trucks – the driver won't be able to see you.



Never step out in front of a truck - they can be as heavy as seven elephants and need the length of a football pitch before they can stop.

Stay safe

This booklet has been produced in partnership with the following organisations.

For more information please visit the following websites.



www.dsfrs.gov.uk/YourSafety
follow the link to Road safety



www.avonandsomerset.police.uk
search for Road safety



www.somersetroadsafety.org

