



A handbook on Road Safety Education for School Children

**Programme for Addressing Risky Behavior
and Attitude towards Trauma Prevention**



5, Kotla Marg, opposite Mata Sundri College, Mata Sundri Women's College,
New Delhi-110002

Message



Dr. Mansukh Mandaviya
Hon'ble Union Minister of Health & Family Welfare, Chemicals & Fertilizers
Government of India

Road safety is one of the most serious public health challenges in our country, as road accidents are among the biggest causes of deaths in the country. Nearly 1.5 lakh innocent lives are lost annually to those injuries.

With the number of vehicles on our roads increasing with every passing hour, it's of vital importance for everyone to have traffic awareness and understand and respect all the road safety rules in India. It is the need of the hour to specially educate our children about road safety.

I would like to congratulate Directorate General, Health Services for taking a step forward to help curb this problem. I appreciate Central Health Education Bureau (CHEB) and National Programme for Prevention & Management of Trauma & Burn Injuries (NPPMT&BI) for their efforts.

I hope that "Programme for addressing Risky Behavior and Attitude towards Trauma Prevention" (Project PRATAP) succeeds in accomplishing its mission.

It is of great pleasure to note that Directorate General of Health Services has initiated a project titled "Programme for addressing Risky Behaviour and Attitude towards Trauma Prevention" (PRATAP) among school children, with a focus on road traffic injuries.

India witnesses one accident every minute and one fatality every four minutes as a result of Road Traffic Injury. Road traffic injuries (RTIs) are the second most frequent cause of death in the 5-14- year age group. As we lose more than 11,000 children in a year to such injuries, this project is of utmost importance for preventing those premature deaths.

Under the guidance of our Prime Minister Shri Narendra Modi ji, Government of India, through National Road Safety Policy, states its commitment to bring about a significant reduction in mortality and morbidity resulting from road accidents.

I wish project PRATAP all the best for its endeavour.



Dr. Bharati Pravin Pawar
Hon'ble Minister of State for Health & Family Welfare, Government of India

Road safety is a serious public health challenge in our country. In recent times there has been a 12% rise in child road-crash fatalities. Everyone using the road, right from pedestrians, cyclists, to light and heavy motor vehicle users are all exposed to risk of road traffic injury. It is the need of the hour to specially educate our children about road safety.

I would like to congratulate Directorate General of Health Services for taking a very crucial step forward to help curb this problem. I hope that "Programme for addressing Risky Behaviour and Attitude towards Trauma Prevention" (Operation-PRATAP) succeeds in accomplishing its mission.



Sh. Rajesh Bhushan
Secretary, Ministry of Health & Family Welfare, Government of India



Prof. (Dr.) Sunil Kumar
Director General of Health Services
MoHFW, GOI

Road Traffic Injuries are largely preventable. While we are making constant efforts in collaboration with other Ministries for reducing the number of lives lost on Indian roads, it is equally important to sensitize the students on its importance.

Realizing the vulnerability of the children on the road, "Programme for addressing Risky Behaviour and Attitude towards Trauma Prevention (Operation-PRATAP)" seems to be the right approach at this juncture. I believe this intervention will pay long term dividends by reducing the number of death due to road traffic injuries.

Acknowledgement

Road safety is of prime importance as road traffic injuries claim many lives in the country, alarmingly so in younger age groups. With the number of vehicles on our roads increasing with every passing hour, it is of vital importance for everyone to have traffic awareness and understand and respect road safety rules in India.

We wish to express our heartfelt gratitude and thank **Prof. (Dr.) Sunil Kumar, Director General, Health Services, MoHFW, GOI** for instilling the thought of addressing the risky behavior and attitude among school going children and lead them towards trauma prevention.

This passion could take shape into reality after Programme Officers of Dte. GHS, namely Dr. Kanwar Sen (Principal Consultant), Dr. Tanu Jain (DDG) & Dr. Manas Pratim Roy (ADG), put their efforts in close coordination with CHEB. Special thanks are due to Dr. Amiteshwar Singh and Dr. Shivangi Saha, Plastic Surgery Residents, AIIMS, New Delhi for providing the initial draft of the document.

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Central Board of Secondary Education (CBSE) will take the beacon of light forward and I wish to thank Dr. Bishwajit Saha, Director (Skill Education & Training) and Ms. Moushumi Sarkar, Deputy Secretary for their valuable contribution in development of handbook.

I also thank my team from CHEB, Dr. Palak Valecha (Medical Officer), Mr. Shashi Kant Yadav (Consultant-Social Science), Mr. Himanshu Grover (Consultant-IEC), Mr. Lalit Naagar (Multimedia Designer) and Ms. Sweta Tiwari (Project Assistant) for their sustained support. It would have been impossible for this document to see the light of the day without their dedication. In addition, the team from AIIMS, New Delhi consisting of Ms. Antika Jain and Mr. Raju have also worked tirelessly with Programme Division and CHEB.

I once again wish to thank all who have been part of this journey.

Dr. G. Kausalya
(Director, CHEB)

Help accident victims - who knows, it might be someone yours.

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These paintings have been done by children from Green Field School ND by Vivan Sharma Bardoloi, Pihoo Goyal, Debartha Sanyal, Sadaf and Meherinder Singh

Introduction

India witnesses one accident every minute and one fatality every four minutes as a result of Road Traffic Injury (RTIs). RTIs are the second most frequent cause of death in the 5–14 year age group . Ministry of Road Transport and Highways (MORTH) reported a staggering, 11,168 fatalities in 2019, among children less than 18 years of age, a shocking loss of 31 lives daily. Globally, World Health Organization (WHO) reports that, RTIs are the foremost cause of unnatural deaths in children, and contribute to an annual loss of more than 2,60,000 lives in the 0–19 year age group.

Everyone using the road, right from pedestrians, cyclists, to light and heavy motor vehicle users are all exposed to risk of RTIs. Increased number of vehicles, poor condition of roads, commuting at fast speed and general disregard for rules and regulations are some of the major causes of increased injuries and fatalities.

The children are usually less aware of traffic rules and regulations and often demonstrate adventurous, negligent and risky behavior on roads when they start using cycles/vehicles independently. Responsible and safe driving within the speed limit is equally necessary as are infrastructure and regulatory norms to avert RTIs.

Realising the vulnerability of the children on roads, Directorate General of Health Services (DGHS) has initiated **Programme for Addressing Risky Behavior and Attitude towards Trauma Prevention** (Operation-PRATAP) to assess the prevalence of risky behaviour and attitude towards RTI among school going children and to suggest measures for prevention of such behaviour.

In this regard the PRATAP handbook on Road Safety Education for School Children has been developed to impart Road Safety and First Aid education in order to sensitise, improve knowledge and transform school children's attitudes and practices to prevent RTIs. It may also be used as a training guide for children by teachers, parents, social and community workers, NGOs etc.

“Don't ignore traffic signs, they are there for your benefit”.

Part-1 - Major Causes of Road Traffic Injuries.

Over-speeding



Drunken driving/consumption of alcohol/drugs



Driving on wrong side/ lane indiscipline



Jumping red light



Use of mobile phone



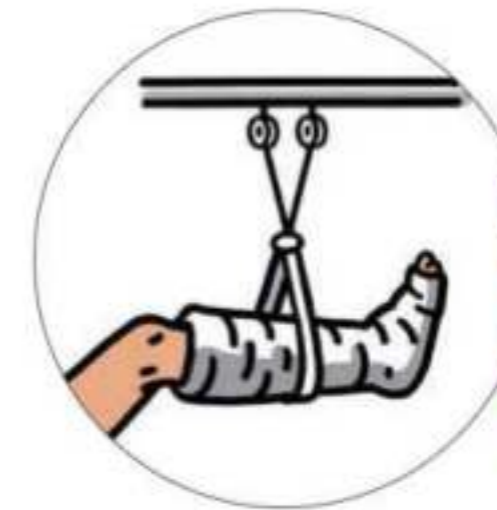
Part- 2 -Road Traffic Injury Broke Akash's Dreams

Akash, a 14-year-old boy, was seriously injured after being struck by a car while walking home from his tuition at 7 p.m. He had to cross an extremely busy road to get to his home. The foot over bridge was another 100 meters down the road, but he decided to cross in the middle of the road because he was hungry. He was also in a hurry since his brother had told him to pick up a few things on the way back, and he was looking over the list on his phone when he chose to cross the road.

When Akash was hit, the car was moving at a reasonable speed. His right leg was severely injured as his leg bones were fractured. Aakash is now handicapped for the rest of his life and will have to walk with an artificial leg. A little carelessness led to the loss of his dream of becoming a pilot.



What do you think went wrong?
How it changed his life?
What should have been done?



Walk Safe on Road

Walk Safe on Road

Do's

- ✓ Stay alert, walk with care and be focused on the road.
- ✓ Always use sidewalks/footpaths when walking
- ✓ Cross the road only through pedestrian crossing, subways or foot over bridges in all possible situations
- ✓ Look at your right, left and right again and ensure the way is clear before crossing the road.
- ✓ Follow traffic signals
- ✓ Children should hold hands of parents/guardian while crossing the road.



Don'ts

- ✗ Do not run or walk leisurely on the road
- ✗ Do not run or play on neighbourhood roads near home or school
- ✗ Do not cross the road between the vehicles, near a bend, intersection and bus stops
- ✗ Do not use mobile phone to text messages, listen music, take photos, videos, make calls and play games while on road.
- ✗ Do not use headphones while walking on roads
- ✗ Do not jump over the divider railings, as you may fall before moving traffic.

Part - 3 - Safe Cycling, Be a Champion

Diksha, a 16-year-old girl, was cycling to school. She had been following behind a car when the driver turned right into the parking lot, using her turn indicator. Diksha collided with the vehicle as she did not see vehicle turning. She suffered a bleeding nose, injury on her head and broken teeth.

She was not wearing helmet and was driving outside the bicycle lane. Due to her accident she had to drop out of auditions for a very prestigious play in which she had a lead role. Also, she was hospitalized for one month before she could join her classes.



- What do you think went wrong?
- How it changed his life?
- What should have been done?

"Keep physical distance from vehicle in front"

Safe Cycling

Do's

- ✓ Always ride on the bicycle lane whenever possible, if not then ride slowly and safely on left side of the road very carefully.
- ✓ Ring the bell whenever you want to indicate your presence on road.
- ✓ While riding bicycle, wear good quality helmet properly strapped.
- ✓ Be cautious, keep eyes and ears open for any speeding vehicle.
- ✓ Use the bicycle headlights and ensure that there is reflectors in your cycle.
- ✓ Give proper indications before stopping and turning.
- ✓ Check your bicycle regularly.
- ✓ Make sure the bicycle is the right size for you.



Don'ts

- ✗ Do not do stunts.
- ✗ Do not race with others vehicles.
- ✗ Avoid busy roads.
- ✗ Avoid zig-zag cycling
- ✗ Do not overload the bicycle.
- ✗ Do not ride holding on to other fast moving vehicle.
- ✗ Avoid wearing dark colored clothes in night.
- ✗ Do not use mobile phone while cycling.

Part-4 - Speed Thrills- But Kills

Rahul, a 20-year-old bike rider, was thrown into the air after his bike collided with the stairs of a grocery store while attempting to avoid colliding with a scooter crossing the road. Despite the fact that it was a road crossing, Rahul did not slow down and attempted to do a sharp overtake on the bike. However, he lost control and an accident occurred. Although he was wearing helmet, but he had not strapped it properly.

He had life-threatening bleeding in his head and chest and was hospitalized in an intensive care unit on a ventilator before succumbing to his injuries. Rahul had escaped with minor injuries on two previous incidents due to speeding, but he had failed to learn his lesson and this time paid the price with his life.



What do you think went wrong?
How it changed his life?
What should have been done?

"Keep your eyes on the road even when your phone rings."

Cautious Riders are intelligent Riders



Cautious Riders come Home Safely

Do's

- ✓ Follow speed limit and road signs/rules.
- ✓ While riding scooter/ motorcycle, good quality helmet should be worn by both rider and pillion rider.
- ✓ Be cautious, keep eyes and ears open for any speeding vehicle.
- ✓ Use the headlights and ensure that there is reflector in scooter/ motorcycle during night .
- ✓ Blow horn judiciously to warn others on the road of your presence.
- ✓ Always ride on your lane whenever possible, if not then ride slowly and safely on left side of the road very carefully.
- ✓ Give proper indicator before stopping and turning
- ✓ Use other modes of transport (Bus, Metro, cabs, auto rickshaws etc.) if you/your friend are drunk or intoxicated.
- ✓ Check your vehicle regularly.



Don'ts

- ✗ Do not do stunts.
- ✗ Do not race with others vehicles.
- ✗ Do not drive in zigzag manner.
- ✗ Do not change lanes frequently.
- ✗ Do not carry more than one pillion rider on bike/scooter.
- ✗ Do not drink and drive.
- ✗ Do not use mobile phone to text messages, listen music, take photos, videos, make calls and play games while on road/while driving.
- ✗ Do not drive when you are tired/ sleepy/ drowsy.
- ✗ Do not jump red light.
- ✗ Do not over speed.
- ✗ Do not honk unnecessary.

Part- 5 - Joy ride went wrong

Sujith, a 21 year old boy and his friend were driving recklessly and killed a man travelling in an auto rickshaw. Both were returning from a party, and were drunk. The car being driven at a very high speed hit the three-wheeler from rear on the rain-drenched road.

The autorickshaw was thrown off the road killing its occupant who was returning home. Sujith's friend, who was not wearing seat belt was also injured and hospitalized. A case was registered against Sujith for causing death of the man travelling in autorickshaw.



What do you think went wrong?
How it changed his life?
What should have been done?

"Pay attention, accident will be rare."

Drive Safe- Save Lives

Drive Safe- Save Lives

Do's

- ✓ All the occupants of the car whether on the front or backseat must wear seatbelt.
- ✓ Always follow speed limit.
- ✓ Always drive on the left side of the road.
- ✓ Always use indicators to let other road users know about the change in the direction of travel.
- ✓ Follow the traffic rules and signals and Stop your vehicle before the Zebra-crossing to allow Pedestrians to cross the road.
- ✓ Always give way to ambulances , fire brigade and other life saving vehicles etc.
- ✓ Always keep a safe distance from the vehicle in front of you.
- ✓ Use other modes of transport (Bus, Metro, cabs, auto rickshaws etc.) if you/your friend are drunk or intoxicated.
- ✓ Always keep a first –aid kit in your vehicle for emergency.



STAY CALM
BE ALERT



WEAR YOUR
SEAT BELT



DON'T SPEED



AVOID
DISTRACTIONS

Don'ts

- ✗ Do not drink & drive, it may be fatal.
- ✗ Avoid distractions (avoid using mobile phone).
- ✗ Do not over take from wrong side.
- ✗ Do not over speed.
- ✗ Do not change lane frequently.
- ✗ Do not blow horn at declared "No- honking zones" like hospital zones and school zones, etc.
- ✗ Do not jump traffic signals.
- ✗ Do not drive when you are tired/ sleepy/drowsy.

Part-6 - Traffic Signs – Let's Learn Another Language

Mandatory signs



No Entry – Entry prohibited for all vehicles.



Horn Prohibited – Silence zones such as near hospitals, schools, etc.



Cycle Prohibited – In order to ensure safety of cyclists, certain roads which are meant for fast moving vehicles are prohibited for cyclists.



Speed Limit – The limit specified must be followed to avoid crashes on the road.



Compulsory Turn left.



Compulsory Cycle track – Cyclists should compulsorily use this track.

● Red Circle instructs what should not be done

● Blue Circle instructs what should be done

Traffic Signs – Let's Learn Another Language



Zebra Crossing – Pedestrian is the king of traffic. Cautions the driver to slow down or stop and allow pedestrian to cross the road



Right hand curve – This helps driver in maneuvering vehicle to avoid the possibility of crash.



Left Hair Pin Bend – Sharp left turn on the road ahead. It gives time to reduce the speed to manage the turn.

Informatory road signs



Petrol pump – Indicates that there is a Petrol Pump ahead



Hospital – The driver should be careful while driving through this stretch and should not honk unnecessarily



Eating place – This sign is common on highways and long stretches of road

 **Cautionary Road Signs**

 **Informatory Road Signs**

Part- 7- Timely Help can Save a life

Shridhar is a 32-year-old software engineer. He hadn't been back to his hometown in last six months. After concluding a project, he was given the weekend off. As a result, he decided to take a road trip to his home, which was about 150 KM away.

He pulled over to the side of the road when he noticed a crowd near a village and stepped out to inquire. He discovered that an accident had occurred and that the victim had been waiting for the ambulance for the past 30 minutes.

Since the ambulance was taking time to come and the victim's anguish, he drove the victim to the nearest government hospital, carrying him in his car. He also stayed to supervise the medical intervention till the victim's family members arrived.

Even though it was his leisure time, he gave up on his free time and was able to save a person's life by providing timely assistance.



What do you think was right?
How it changed his life?
What should have been done?

ALWAYS REMEMBER:

IF YOU SEE A ROAD ACCIDENT VICTIM

- Call an Ambulance (108/102 /1033)
- Inform Police (100)
- Take the victim to the nearest hospital
- Call the "Emergency Contact number" saved in the victim's mobile



SAVE LIFE, BE A REAL HERO !!

Good Samaritan

Good Samaritan is a person who comes forward to help an accident victim

Do's

- ✓ Come forward to help accident victims.
- ✓ Stay calm and call ambulance first (102/108/112) then police.
- ✓ Ensure your own safety while helping the accident victims.
- ✓ Seek help of other bystanders.
- ✓ Loosen the clothes of accident victim to help him/her breathe easily.
- ✓ Provide basic first-aid on the accident site till ambulance arrives.
- ✓ Put direct pressure with a clean cloth on bleeding site to stop bleeding.
- ✓ If possible shift the victim to safe place.

Don'ts

- ✗ Do not be afraid of helping an accident victim.
- ✗ Don't move an unconscious victim without providing support to the neck as it can aggravate spinal injury.
- ✗ Do not move any fractured (or suspected fractured) part without support.
- ✗ Do not give anything to eat/drink to the accident victim as he/she may choke on it.

Be a Good Samaritan

TIMELY HELP CAN SAVE A LIFE !!

BE A GOOD SAMARITAN (someone who helps an accident victim)

- Always help a road accident victim
- Good samaritans cannot be forced to reveal their name / personal details to the police/ hospitals
- Any Hospital / doctor cannot refuse to provide first aid
- Cannot be unnecessarily detained by police or hospitals.



SAVE LIFE, BE A REAL HERO !!

Part- 8 - Be a life saver and be proud like Jugal

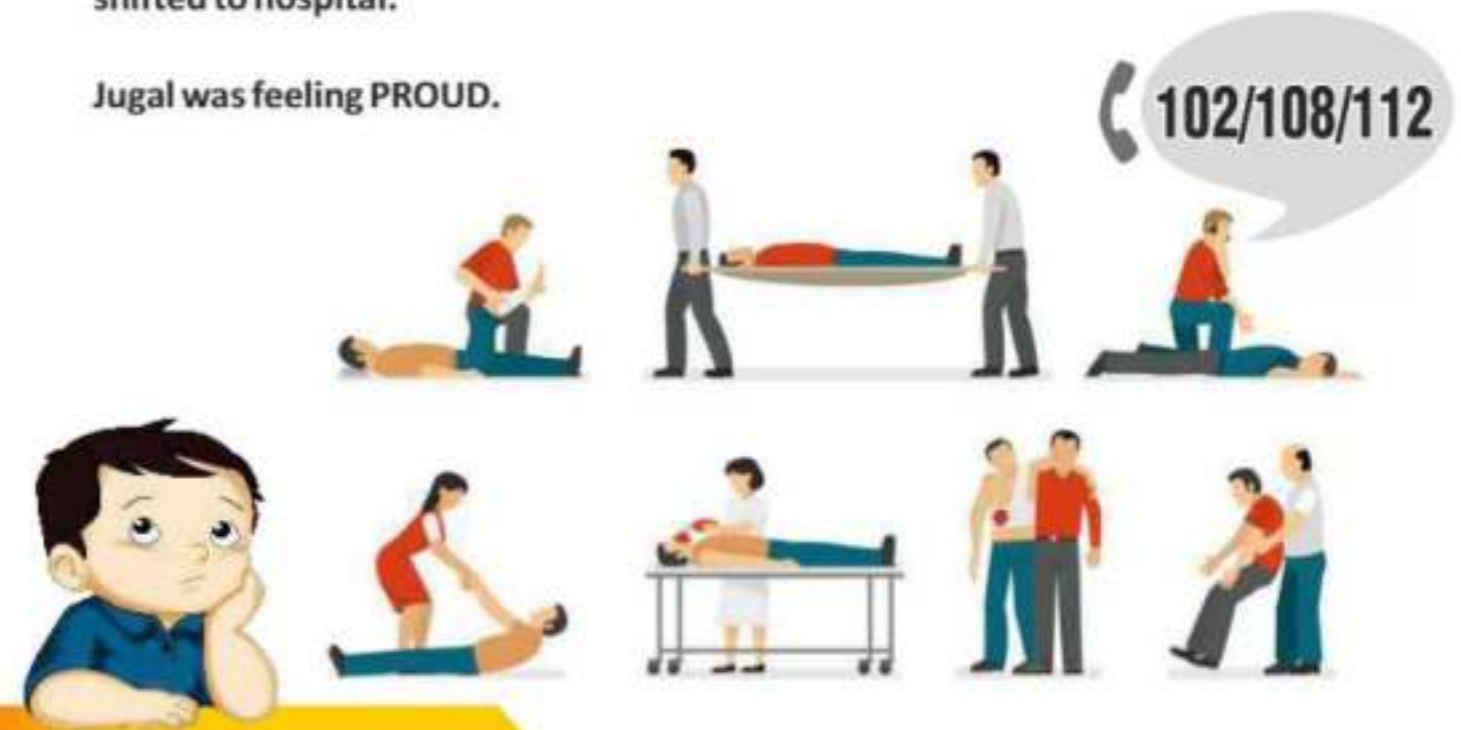
While returning from school, Jugal saw a road accident where a bicyclist has hit the road divider. He was crying in pain. Few persons were standing beside him but were not able to help. Jugal came near him and saw that his leg was deformed and bleeding. He got worried and wanted to help the victim.

Jugal has recently attended an first aid programme in the school. He immediately asked the bystanders to help him and call for the ambulance. He ensured the patient was on the side of the road.

He introduced himself to victim and reassured to help him. He immediately took his hanky and pressed on the bleeding wound of the leg. He asked one of the bystander to continue to apply the pressure on the bleeding wound.

He also observed the deformed limb. He found a tree stick nearby. With the help of bystander, he applied the stick to his leg and tied with hanky and cloth pieces. As soon as the ambulance arrived, he explained to the paramedics and patient was shifted to hospital.

Jugal was feeling PROUD.



What do you think was right?
 How it changed his life?
 What should have been done?

Be a First Aid Provider

You Can Save Life – Be a First Aid Provider

Four Steps of First Aid



Step 1: Make the scene safe

- Make scene safe by dispersing crowd.
- Use warning triangle reflector if available while helping victims.

Step 2: Quick Evaluation

- Check whether there is any sign of life (limb movements, coughing or verbalizing) and if the victim is breathing or not (rise and fall of chest).
- See whether the victim is bleeding or not.
- Look for any deformity or swelling of limbs.

Step 3: Call for help

- Stay calm, don't panic.
- Call bystander and ask them to call ambulance or police for help (use mobile phone).

Step 4: Provide First Aid

- Introduce yourself to the victim
- Explain how are you going to help.
- Show empathy, kindness and concern.
- Don't give food or water.
- Prepare for early transfer to hospital

First Aid for Burns:

- Stop the burning Process
- Cool the burnt area by putting wet clean cloth for 10-15 minutes
- Cover the burnt area with a clean cloth
- Transfer to the nearest medical facility

First Aid for Bleeding:

- Do not remove any object that has pierced in body.
- Apply pressure on bleeding site using clean cloth.
- If wound is not bleeding, wash it with water and cover with clean cloth.

First Aid for Deformed limb or Fracture:

- Apply splint using any hard object like stick and tie with clothes.



Part-9 - Legal Provisions

Section 199A of Motor Vehicle Act 1988 :- Offences by Juveniles –

(1) Where an offence under this Act has been committed by a juvenile, the guardian of such juvenile or the owner of the motor vehicle shall be deemed to be guilty of the contravention and shall be liable to be proceeded against and punished accordingly:

Provided that nothing in this sub-section shall render such guardian or owner liable to any punishment provided in this Act, if he proves that the offence was committed without his knowledge or that he exercised all due diligence to prevent the commission of such offence.

Explanation.– For the purposes of this section, the Court shall presume that the use of the motor vehicle by the juvenile was with the consent of the guardian of such juvenile or the owner of the motor vehicle, as the case may be.

(2) In addition to the penalty under sub-section (1), such guardian or owner shall be punishable with imprisonment for a term which may extend to three years and with a fine of twenty-five thousand rupees.

(3). The provisions of sub-section (1) and sub-section (2) shall not apply to such guardian or owner if the juvenile committing the offence had been granted a learner's licence under section 8 or a driving licence and was operating a motor vehicle which such juvenile was licensed to operate.

(4) Where an offence under this Act has been committed by a juvenile, the registration of the motor vehicle used in the commission of the offence shall be cancelled for a period of twelve months.

(5) Where an offence under this Act has been committed by a juvenile, then notwithstanding section 4 or section 7, such juvenile shall not be eligible to be granted a driving licence under section 9 or a learner's licence under section 8 until such juvenile has attained the age of twenty-five years.

(6) Where an offence under this Act has been committed by a juvenile, then such juvenile shall be punishable with such fines as provided in the Act while any custodial sentence may be modified as per the provisions of the Juvenile Justice Act, 2000 (56 of 2000).



Part - 10 - Know Your Vehicle Health






Ask your family to ensure the following:

- The windscreen, windows, mirrors and number plates are clean.
- Wheel nuts are securely fastened.
- Engine oil, water level (coolant) in the radiator, brake fluid.
- All head lights, turn signals, breaks, parking lights and indicators are in proper working conditions.
- Sufficient fuel for travel.
- Battery – top up with distilled water, when required.
- Check battery performance check.
- Check tyre pressure, spare tyre, tread depth, rotate tyres regularly.
- Check there is no leakage of fuel, water or oil under your vehicle and their levels are correct.
- Doors are secured properly.
- Brakes are functional.
- Wipers are working.
- Copy of car documents like RC, insurance, pollution certificate along with valid driving license is available.
- Seatbelts are functioning.



Activity Sheet

1. Identify the following road signs:

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

Rate Yourself-



Draw components of First-Aid Kit



Rate Yourself- two items per smiley



PLEDGE on Road Safety

Be a Role Model, Road Safety Starts with You

I take a pledge that:-

1. I will never drink and drive.
2. I will always wear seatbelt, when in car and helmet when on two-wheeler.
3. While driving, I will not use my mobile phone.
4. I will always follow the traffic signals on road.
5. I will always follow the speed limit while driving.
6. I will always give way to ambulance and fire brigade.
7. I will never overtake from wrong side of the road.
8. Whenever I am very tired, I will avoid driving a vehicle.
9. I will always keep my vehicle fit, so that it does not cause any environmental pollution.
10. I will not blow horn in front of school or hospital or any areas prohibited for blowing horn.
11. I will always obey all the traffic rules.
12. I will try to help the road traffic accident victims.



Take this pledge with your family, friends and send the pictures & videos to- connectwithcheb@gmail.com

Notes



Notes

