



A Book to teach and learn safety preparedness



KIDS SAFETY TIPS

ENGLISH



Book to teach and learn on safety

Kids Safety Tips

Note to parents and teachers

The objective of this book is to initiate the culture of safety measures and preparedness among the children, whose safety is often one of the main concerns of parents. Parents today hope their children are safe at **home**, at **school** and at **public places**. Despite the best precautions, there are cases in which your child could be a victim..... Safety measures and culture of preparedness not only help to prevent and reduce the fatal results but also improves sense of social responsibility and orderliness in public life.

Our intention is to get children familiar with the safety and disaster management systems available. The safety measures and preparedness steps referred to in this book are only at a very bare minimum level, and hence, is not to be construed as a complete safety manual.

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Kids Safety Tips (English)

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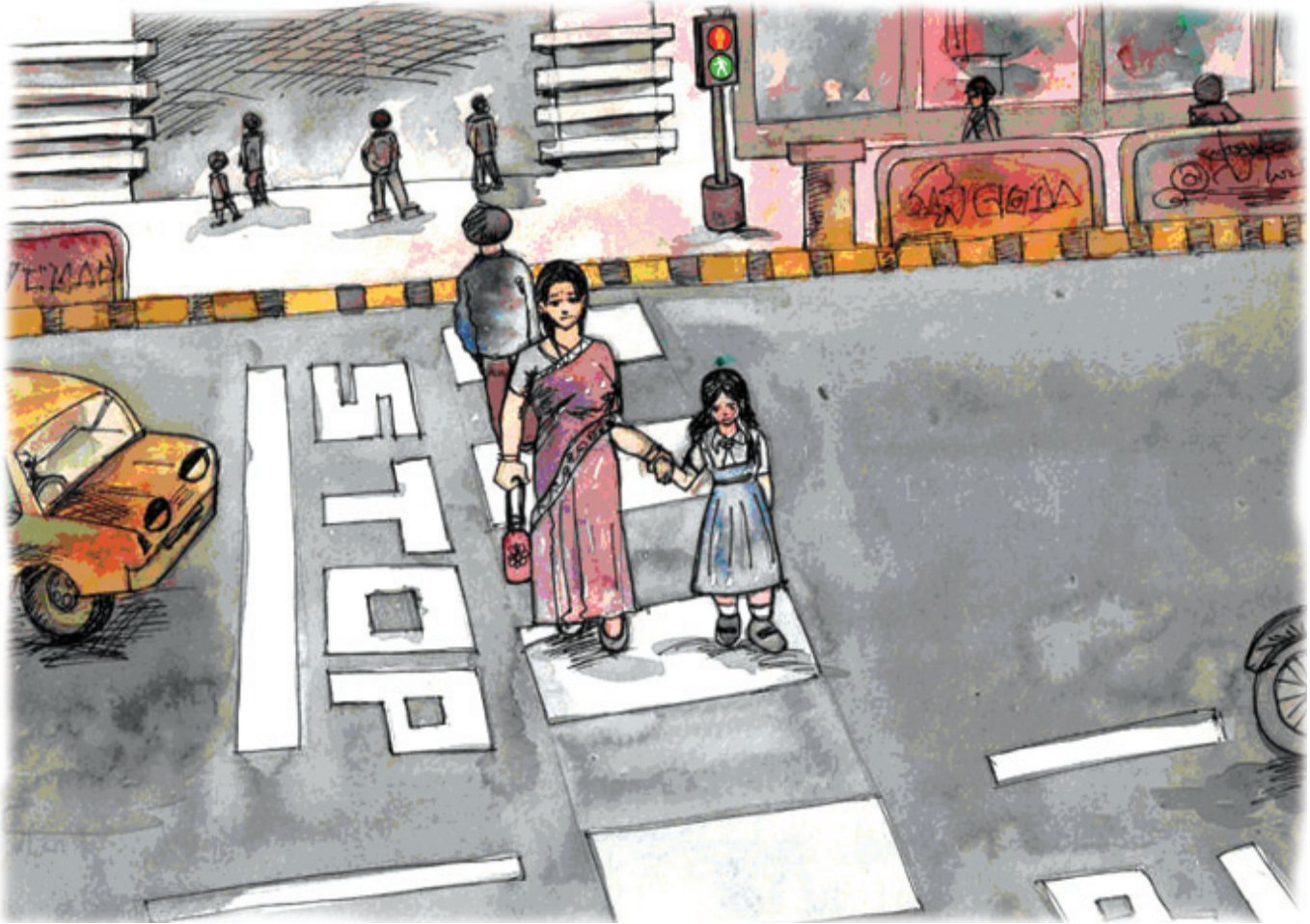
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ROAD



School children learn to become more independent in their travel – as a pedestrian, a cyclist and a passenger. Parents can help them by providing plenty of practical and supervised experience in observing the road safely, as a part of the journeys undertaken every day.

Pedestrian Safety

- Parents should teach children about pedestrian safety rules.
- Children younger than ten years should not cross the road alone.
- Prefer to use zebra lines to cross the road.
- Wherever foot over bridges or subways are available use them. It is the safest way to cross a busy traffic road.

ROAD

In the absence of above conveniences to cross the road, use the ‘**Stop, Look, Listen, Think**’ procedure.

STOP one step back from the kerb or edge of road

LOOK in all directions for approaching traffic.

LISTEN in all directions for approaching traffic.

THINK about when it is safe to cross (when the road is clear or the traffic has stopped).



- Walk; do not run, into the street. Never play on the road.
- Always try to walk on paths or sidewalks.
- If there are no paths or sidewalks, walk facing road traffic, that is right side of the road.

ROAD



Bicycle safety

- Always wear a bicycle helmet.
- Your bike helmet should fit you properly.
- Ride a bike that is of the right size. It helps you keep safe.
- Make sure the bicycle seat, handle bars, and wheels fit tightly.
- Wearing bright clothes and putting reflectors on your bike also help you stay safe.

- Kids younger than ten years should ride on the sidewalk and avoid the street.

Motor cycle

- Strap your helmet while riding a two wheeler. Even the pillion rider should wear a helmet. Don't be playful while you are on back seat, sit properly holding the rider .
- Obey road signs and signals.



ROAD



One should have completed 16 years of age to drive a two wheeler upto 50cc engine without gear.

One should have completed 18 years of age to drive a two wheel motorcycle with gear.

Always keep clear and give way to 108/Ambulance and Fire engine vehicles. Teach your child bike riding perfectly and above all insist on following the road and traffic rules. Convince them that speed may be thrilling but it may also lead to a fatal ending.



In car

Children too must use seat belts when traveling as a passenger in a car. Children must not distract the driver by being noisy or playing. When getting in or out of the car children should always use the door facing the kerb side (away from the traffic).

PUBLIC TRANSPORT

Use public transport safely. Children should understand how to use public transport viz. Buses, Trains and MRTs – safely and responsibly. Taking regular trips on public transport as a family is a great way to help children learn about how to use it safely. Use public transport as



much as possible, after all it is cost-effective and helps in conserving the environment

- Wait at the bus shelter.
- Flag your hand to stop the bus to board.
- Do not travel on foot board in buses and trains.
- Do not sneak out your head or hand out of the window of the bus/train .

- Give way to the alighting co-passengers
- You should help senior citizens and physically challenged persons in using public transport.
- Always keep small change and tender exact change to buy tickets.



RAIL

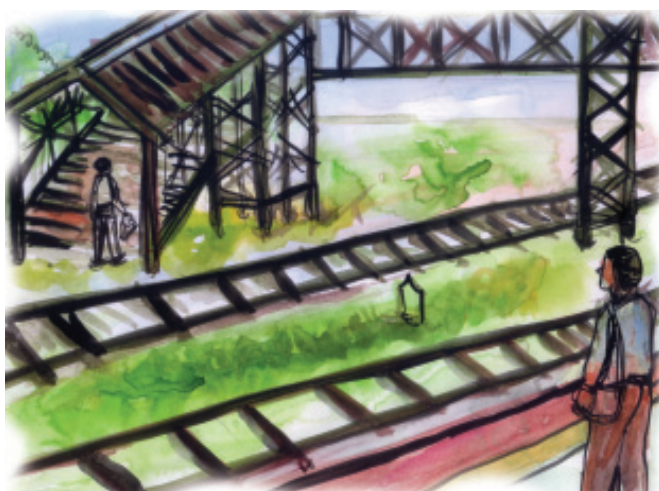


Railways are the most convenient mode of travel. To make the journey happy and safe, children should know a few safety tips with respect to railways .

Platform: Always stay five feet away from the platform edge. Board or alight the train only after the train comes to a complete halt. Do not accept any eatables from co-passengers. Do not fiddle with any unattended articles like tiffin box, toy or any object. Carefully follow the announcements made by railway public address system.



Railtrack crossings: Passengers should always use the foot over bridge to cross the track or to go over to other platform. If the foot over bridge is not available, look in both directions before crossing the train tracks. If the lights are flashing at level crossing, Wait! Never go around or under the gate arms! Walking or playing on train tracks is dangerous and illegal.



TRAVEL

Educational tours and picnics are part of children's school curriculum. Although the teachers and the tour operators educate children on the precautions and safety measures to be followed during the tour program, parents should also encourage and insist them to practice and follow the tour leader. Some of the common and minimum steps to be followed are:



Baggage: For safety reasons the luggage should be in two parts, One hand luggage, and Trolley suitcase .

Important points to note:

- Make two copies of your ID/ Passport and keep one in baggage (away from original) and the other copy at home.
 - In hand luggage keep Important phone numbers, pen, scribbling pad and torch light.
 - A copy of itinerary be kept with parents at home.
 - Reasonable quantity of snacks, dried fruits and nuts.
-
- Pocket knife and safety pins (pack in 'check-in' luggage).
 - Band-aids or mini first aid kit, Vitamins and regularly used medicines along with administering instructions.
 - Do not leave your belongings unattended.
 - Do not accept packages from strangers.

TRAVEL

- To avoid being a target of crime try not to wear expensive jewelry and do not carry excessive amount of money.
- Use locker box at hotels for valuables, documents and cash.



Joy-rides: Follow all the safety precautions while you are trying the joy rides like giant wheel, Roller coaster and merry-go-round. Do not try these rides immediately after taking a meal. Do not run at water park, most part of the park is wet and slippery.

Food: Always take light food stuffs during the tour. Look for hot and fresh food . Use only bottled mineral water. Consume fruits in good quantity.

Shopping: Shopping is one of the important activities in the tour program. While shopping due care is to be taken to select items small in size and low in weight to suit our baggage.


You should be alert with fake and imitation article vendors. Do not get cheated by them. Take proper advice from your local tour guide.

Always demand detailed bill for the article you buy.

SCHOOL

Natural disasters, such as earthquakes, floods, and catastrophes, such as chemical spills, biological threats, aircraft accidents, or explosions, are potential hazards that can affect any campus. We must be prepared for these, as well as man-made crises, which crop-up in the form of bomb threats, terrorism or violence on campus. Check your child's school Web site or call the school office to request a copy of the school's emergency plan. Keep a copy at home and at your work place.

School bus safety

- Make sure your child's school bus is approved by RTA for safety and the bus driver is specially trained or instructed one.
 - While at the bus stop, wait in a safe place.
 - Never speak to strangers at the bus stop.
 - Enter the bus in single file holding the hand rail.
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- An illustration of a yellow school bus with 'School Bus' written on its side. The bus is stopped at a bus stop. A driver is visible in the front. Several children, some with backpacks, are boarding the bus. A woman, likely a teacher or school staff, is standing near the children. The bus stop has a yellow and black striped curb. The background shows a street with a utility pole.
- Never play with the emergency exits.
 - Do not sneak out of the bus window.
 - Do not distract the driver's attention.
 - After boarding the bus go directly to a seat. Remain seated, facing forward the entire ride.
 - Never throw things in the bus or out of the windows.

SCHOOL



Sports:

In games and sports play safely with all required safety accessories properly secured and follow the coach's instructions strictly.

Prevent ragging:

Teach your child to respond calmly and firmly. Remind your child not to 'show-off' about owning expensive things. Your child should not carry a large amount of money. In the school yard, your child should stay where most of the kids are playing.

Your child should avoid walking alone. If a schoolmate hits your child, he/she should tell a supervisor or a teacher immediately.

Remember to tell your child that violence never solves anything. Your child must avoid fighting.

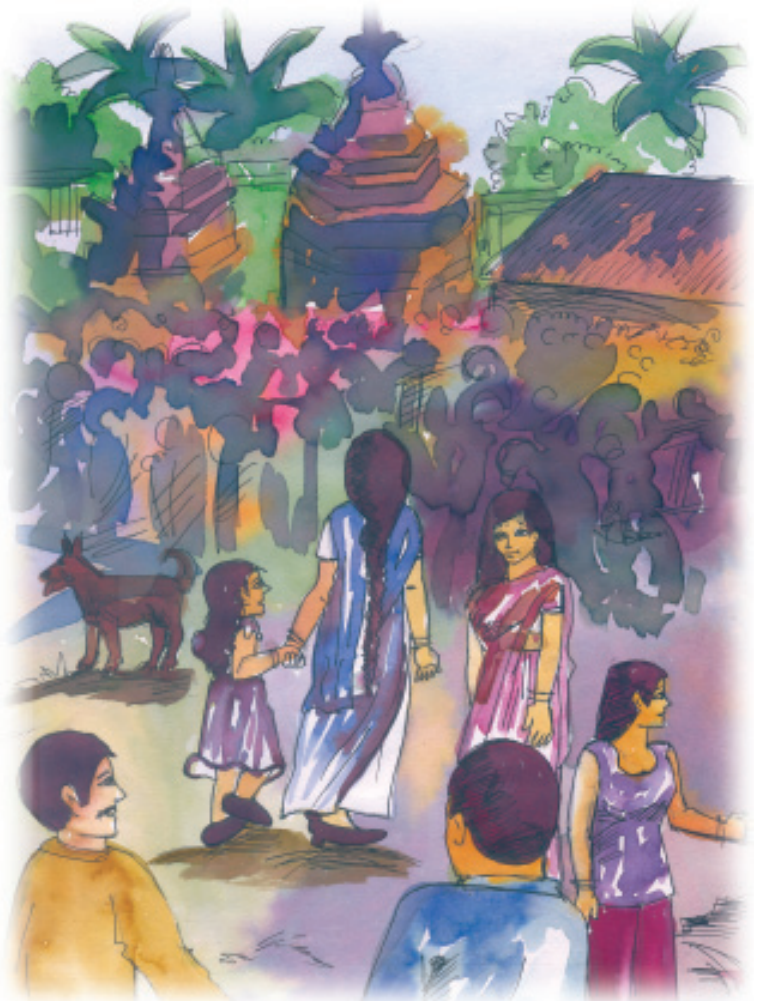


HOLIDAY-EVENTS

Visiting temples jathara, mela is a part of our culture and going to public places like malls and cinemas on weekends and holidays is unavoidable, where people gather in huge numbers. It is the place you have to be very cautious and alert to avert any possible instances of children missing, stampede, pick-pocketing, eve-teasing and other mishaps.

Some tips may help you out:

- Plan your program at a possibly low rush timings.
- While moving in the crowd hold your child's hand.
- If the family members are more in number give the responsibility of each child to a specific adult family member.
- Explain and educate your child what to do if he/she is lost in the crowd.
- Explain how to raise an alarm and reach the nearby volunteer or police.
- Family member's business card or a card with parents name and phone number must be kept in the child's pocket or be fastened with a safety pin.



HOLIDAY-EVENTS



Stampede: Most of the stampede casualties occur due to unnecessary panic generated among the mass. If you observe a panic situation around, first be calm and observe and confirm the reason then act thoughtfully. Have a clear idea of Exit routes, do not run, walk briskly. Do not stop and stay at exit point. Keep exit point clear. Avoid shoulder to shoulder movement in queue.

Pick pocketing is common in crowded places, secure your wallet and avoid wearing expensive jewelry. Maintain space in the crowd, don't crush-on to each other.

Do not visit cinema halls / malls which do not have adequate fire and life safety system. While occupying your seat in cinema hall or in an auditorium check underneath the seat. If you find any suspicious object inform the security personnel.



Identify and have a clear idea of Exit and Emergency Exit points of the places you visit.



WATER

Water! It is our life... if we do not act properly it will take our life...
prevent drowning

Always watch children near water. If a child is missing, always look in the pool first. Don't leave children unattended even for a moment around a water body. Should have a barrier like a fence to keep children away from pools or other water bodies. Teach children to swim when they're ready, usually after the age of 4 years. Children should never swim alone.

- Children to stay away from open canal /drains, open manholes and open bore wells.
- Don't be too playful, children should never push or jump on others while in the water.



- If you are going to a picnic spot near water-front like rivers, lakes or a beach, you should observe the 'CAUTION' notice placed about the water body and its dangers like depth or presence of harmful creatures like crocodiles.

WATER



- Even though you know swimming you should be cautious and should not go to the deeper side.
- If you cannot swim do not enter the water.
- Use life jackets while playing motor boat, water scooters and any ride on water .
(It is mandatory and should be provided by the organisers.)
- Never board a boat beyond its capacity.
- When boat is reaching the jetty avoid rushing to get out of the boat fast, follow the operator's instructions

Holy dip: Plan your holy dip at a safely organised river side/sea-side bathing ghats only. Don't cross the safety barriers at bathing ghat. Always be cautious and complete the rituals as early as possible. Staying for long time is not good for you and it is inconvenient for the public .



HOME

Explain your child about ‘Emergency Preparedness’. Here are some tips to help you and your family become better prepared for an emergency at home.

Preparedness in general:

You should keep enough supplies in your home to meet the needs of your family for at least three days.

Keep an emergency supply kit to take with you in an evacuation. The kit includes: water, food, battery-powered radio and torch light with extra batteries, First- Aid kit and whistle.



Natural calamities like floods and cyclones:

Children should never be left alone, make sure that they are very much in your vicinity . During emergency evacuation time let them carry their emergency kit with water bottle and some storable eatables and strictly follow and cooperate with the disaster management authorities.

“Do not waste or misuse relief supplies”

HOME



Fire:

- Do not leave children alone around open flames, stoves or candles.
- Keep matches, Petrol, kerosene, lighters or any other flammable materials out of children's reach.
- Keep burning candles within your sight.
- Keep lighted candles away from items that can catch fire and burn easily, such as, decorations, curtains and furniture.
- Extinguish all candles before you go to bed, leave the room or leave the house.
- Teach Kids a plan for escaping your home in an emergency and practice. If there is a fire: Exit the building through 'EXIT' or 'FIRE EXIT' immediately.
- If there is smoke, crawl under the smoke to the nearest 'EXIT / FIRE EXIT' point and use a cloth, if possible wet cloth to cover your nose and mouth.
- Do not use elevators during emergency fire evacuation.
- If your clothes catch on fire, stop-drop-&-roll to put out the fire.
- Call 108 / 100 or your local emergency number.
- Never go back into a burning building. Give way and do not be an obstacle to fire fighters.

HOME

Diwali safety

Festivals are celebrated with great thrill and joy. But it is a must that some rules be followed for your child's safety. Children must understand that fire works are not toys.



Do's

Always an adult should supervise the use of fire works by the children.

Use a candle or an incense stick to ignite the fire works.

Always keep a bucket of water at hand to extinguish an incipient fire.

Safety precautions marked on the fire works should be strictly followed.

Make sure they are wearing closed footwear and close fitting clothes of thick material instead of loose or flowing garments while lighting fireworks

Always buy fire works from licensed and reliable sellers

In case of burns, pour large quantity of water on the burnt area.

Don'ts

Do not burst sound emitting fire crackers between 10pm and 6am.

Never ignite fire works while holding them. Put them down, then ignite them and walk away.

Don't put fire works in any container to ignite. Never use fireworks inside the house.

Use fireworks outdoors but not on the public thoroughfare. Do not allow children to use fireworks when alone. **Never** ignite aerial fireworks (like rockets) if there is any overhead obstruction present like trees and electric wires etc.

Don't tamper with misfired fireworks.

HOME

Kitchen Safety: Keep hot foods and liquids away from the edge of the table. ● Never carry children and hot foods or liquids at the same time. ● Never leave cooking unattended. ● Wear close fitting sleeves or secure pallu / dupatta safely. ● Flammable objects must be kept away from the stove. ● Heat oil slowly. ● Never put water on a cooking fire. ● Keep a small fire extinguisher handy in the kitchen. ● If you smell gas do not lit the stove and do not operate electrical switches, open all doors and windows. ● If you still smell the gas, call your gas emergency service.



Protect from Dogs:

Children are particularly vulnerable to dog attacks and are more likely to be bitten than adults. A dog bite may lead to serious health problems.

Remember to teach your child the following:

Not to look a dog in the eye. (a dog can see this as threatening behaviour)

Stay away from stray dogs.

If a stray dog approaches, stand still with your arms at your side and don't run or scream.

Before approaching a dog, always ask the owner if you can pat them. Before patting a dog, make sure the dog has seen you.

Don't disturb a dog that is eating, sleeping or has puppies.

HOME

Electrocution Safety: Electrical Appliances are an integral part of every household, It only takes one mistake to spark an electrical fire, but simple prevention measures can be effective solutions.



- Insert plugs fully so that no part of the prongs are exposed when the cord is in use.
 - Make sure cords do not dangle from the counter or table tops where they can be pulled down or tripped over.
 - Do not use electrical appliances with wet hands.
 - Do not drape clothes over warm appliances.
-
- Always follow appliance instructions carefully, and do not attempt amateur repairs or upgrades.
 - Do not operate any electrical appliance with wet hands or while standing in water.
 - Extension cords are a temporary solution only and their use should be minimized whenever possible.
 - Do not put water on an electrical fire.
 - Always use BIS certified electrical appliances



- Advise your children not to play or go near the power supply transformer Not to hold or step on the snapped power supply cables fallen on the road, not to touch the electric poles.

HOME



Kites Festival:

During kite festival adults also enjoy kite flying like children. To avert any unfortunate incident follow some safety measures like....

- Do not embark on plain rooftop for kite flying.
- To fly the kite do not climb the parapet wall of the terrace or stretch out your body out of the balcony.
- Be cautious of the string getting entangled with the electric wires.
- Don't try and take out the entangled kite from the electric pole.
- Prefer flying kite in an open place.

Falls Safety:

- Keep chairs and other furniture away from open windows/balcony wall.
- Don't leave a baby alone on a chair, table, bed, couch or other furniture.
- Use safety gates or other barriers at the top and bottom of stairs.
- Any spillover of water or any liquid should be wiped immediately to avoid anybody skid and fall



INTERNET



These days internet is the most important essential medium in day- to -day life of every individual with no agebarriers. As a responsible parent you should take some initiative to safe guard your child from falling a victim of any kind of cyber crime. As your children interact on the Internet, you need to be aware that they may be exposed to people who don't have their best interests in mind. There is a lot of material on the Internet that is inappropriate. You can use filtering software to protect your child from that material, but remember that filters

do not guarantee that your child will not be exposed; a filter will never be a substitute for your presence.

- Always encourage your children to talk to you about their online experiences.
- Emphasize to them how important it is that they keep personal information private.
- Make sure that they have a strong username and password.
- Monitor your child's online behavior.
- Keep your family computer in a highly visible, common area, like the family room or main hall.
- Now-a-days Smart phones have taken the place of the computers, but still ask your children to show you what sites they visit, and be open and be willing to discuss the inappropriate material they might come across.
- Encourage your children to delete any messages they get from anyone they don't know.
- Mobile Apps and social media are usefull these days to a great extent, but make sure that your child follows all private settings properly.
- You are the greatest tool at your child's disposal for staying safer online



Use of Emergency Phones

Teach your children how and when to call 100/108 or your local emergency medical services numbers for help.

Post home emergency telephone numbers preferably in the following format by the side of telephone or study table.

My Home Emergency Plan

Emergency Ph. No: Ambulance: 108, Police: 100

Local Police station:..... Ph:

Gas leak complaint Emergency Ph:

Gas Consumer. No: for Refill Ph:

Family contact

Mr. Cell:

Office land line No:

Mrs. Cell:

Office land line No:

My school contact Ph: Cell:

My home address:

.....

Home Land line Phone:

Important notes and numbers:

Close friends or relatives contact:

1.

2.


Family doctor : Dr..... Ph:


Children doctor: Dr..... Ph:


Nearest 24 hour Hospital :

Emergency articles available at home

First Aid Box Fire Extinguisher Torch Light Other Things







FEW UNIVERSAL SIGNS



Pedestrian Crossing



Don't Walk- Walk



No Parking



Stop



One Way Entry



School Zone



Traffic Signal



Taxi



Exit



Fire Exit



First Aid



Hospital



Information Center



Money Exchange



Restaurant



Use Dust Bin



Ladies/ Gents Toilets



Swimming Prohibited



Floor Slippery



Poison



No Eating or Drinking



No Smoking



CC Camera
in Operation



Escalator

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