

Play It Safe!



Name:

My Traffic Safety Fun Book



Good Ways to Go Places

(tips for children)

Riding in a Car

1. Riding in a car is fun, but you have to be safe, too! Do you know how to buckle up for safety? Ask an adult to make sure that you are safe and ready to go!
2. Make sure that everyone else is buckled up, too.
3. If you are 12 years old or younger, then you are very special! You get to ride in the back seat! It's the safest place for kids to be when they ride in the car.



Crossing the Street

1. If you are 10 years old or younger, you need to cross the street with an adult. You should not cross by yourself. Ask an adult to tell you who can help you cross the street.
2. Before you step off the curb to cross, stop and look left-right-left to see if cars are coming. Do you know your left from your right? If you do, that is great! If you don't, here is a hint: when you hold your left hand up, your thumb and first finger will make the letter, "L," and that stands for "left."
3. When no cars are coming, it is safe for you and an adult to cross. But look left-right-left as you do it, and hold the adult's hand.



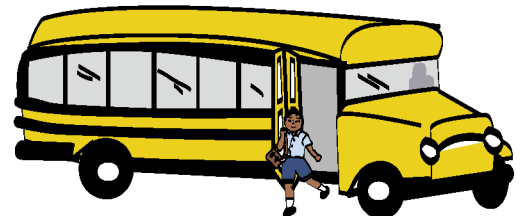
Riding a Bike

1. The best and smartest bike riders always wear their bike helmets! They know that a bike helmet will keep their head and brain safe. Are you one of the best and smartest riders?
2. Ask an adult to make sure that your helmet fits correctly. The helmet should fit low on your forehead so that two fingers fit between it and your eyebrows.
3. To ride safely, you need to know the rules of the road. Do you know what "the rules of the road" are for bikes? If you don't, then you should not ride in traffic or without an adult.
4. When you ride your bike, wearing a helmet helps to keep you safe. You should also wear bright colors during the day, and right before the sun rises or sets. This makes it easy for drivers to see you, and that helps to keep you safe, too!
5. Riding at night can be dangerous. If you have to ride your bike at night, you should ride with an adult. You should also have lights and reflectors on the front and back of your bike. You can also get lights and reflective materials to put on your shoes, helmet and clothing. When light hits this material at night, it glows and makes it easier for a driver to see you!



Riding the Bus

1. Get to the bus stop at least five minutes early.
2. Line up at least five **giant** steps away from the street.
3. Wait until the bus stops and it is safe to get onto the bus.
4. Make sure that your backpack, bookbag or clothing straps are not dangling so they don't get caught in the bus handrails or doors.
5. Look left-right-left before you step off the bus to be sure no cars are coming.
6. If you have to cross the street in front of the bus, walk on the sidewalk or along the road to a point at least five **giant** steps ahead of the bus before you cross. Look left-right-left, and wait until it is safe before you cross.
7. **NEVER** walk behind the bus.
8. Walk at least five **giant** steps from the side of the bus.



Rules of the Road

1. Ride single-file with traffic.
2. Obey all traffic signs and signals.
3. Use hand signals if you are going to stop or turn.
4. Stop and look left–right–left again before entering a street.
5. Walk your bike across an intersection.
6. Watch out for blind spots.
7. Stay alert for things that could make you fall off your bike.
8. Inspect your bike often.

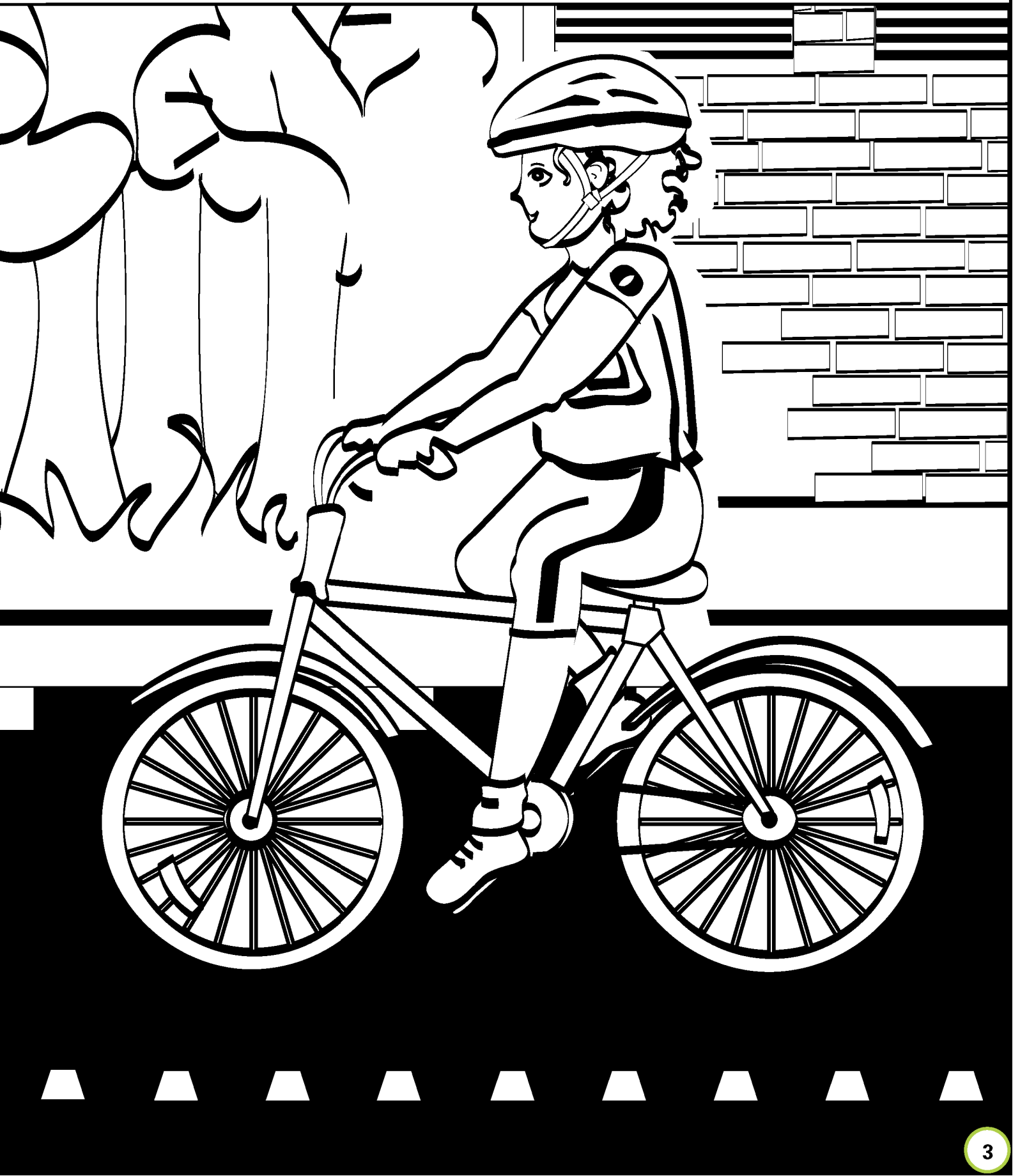
- Sara always rides her bicycle with her helmet on. She knows that a bike helmet will keep her head and brain safe if she falls.
- Sara always sits down when she rides her bike. She rides in the same direction as traffic.
- She knows that young children should not ride at night.

What else does Sara know?

- She should always put her helmet on before she starts riding her bicycle.
- She knows the helmet should be low on her forehead and two finger widths above her eyebrows. The two sidestraps on both sides of the helmet should make a “V” shape under each ear.
- Sara knows her bicycle fits her because she can put both feet flat on the ground when she sits on the bike seat.
- Sara only rides her bike during the day. She wears brightly colored clothing so drivers can see her.

Color This Picture

Look how safe and smart Sara is! She's riding her bicycle with her helmet on.



Connect the Dots for Child Safety

Make Samantha safe and sound in her booster seat. Samantha is in her booster seat, but it's not buckled up yet. Connect the numbered dots to buckle Samantha in her booster seat.

Ask a grown-up what might happen to Samantha if she isn't buckled in her booster seat.



What's Wrong With This Picture?

Sherry and Terry like to ride their bicycles at the playground. Sherry likes to stay safe when she rides her bike. Terry does not stay safe on her bike. Terry thinks safety is not fun.

Circle all the things that Terry does wrong when she rides her bike.

Sherry



Terry



Secret Code

answer on page 16

Safety should never be a secret. Use the number code below to spell out the message about safety.



1 = r	14 = o
2 = c	15 = e
3 = f	16 = g
4 = z	17 = n
5 = b	18 = i
6 = m	19 = x
7 = a	20 = t
8 = d	21 = p
9 = y	22 = l
10 = v	23 = q
11 = j	24 = u
12 = s	25 = k
13 = h	26 = w

$\overline{12}$ $\overline{20}$ $\overline{14}$ $\overline{21}$ ' $\overline{7}$ $\overline{17}$ $\overline{8}$ $\overline{22}$ $\overline{14}$ $\overline{14}$ $\overline{25}$

$\overline{22}$ $\overline{15}$ $\overline{3}$ $\overline{20}$ - $\overline{1}$ $\overline{18}$ $\overline{16}$ $\overline{13}$ $\overline{20}$ - $\overline{22}$ $\overline{15}$ $\overline{3}$ $\overline{20}$

$\overline{5}$ $\overline{15}$ $\overline{3}$ $\overline{14}$ $\overline{1}$ $\overline{15}$ $\overline{2}$ $\overline{1}$ $\overline{14}$ $\overline{12}$ $\overline{12}$ $\overline{18}$ $\overline{17}$ $\overline{16}$

$\overline{20}$ $\overline{13}$ $\overline{15}$ $\overline{12}$ $\overline{20}$ $\overline{1}$ $\overline{15}$ $\overline{15}$ $\overline{20}$ '

Let's Be Careful Crossing The Street

Lots of kids think they can cross the street safely by themselves before they are 10 years old.

But James, who is 5, and his mother both know he is too young to cross by himself. James is learning to stop, and look left-right-left to see if cars are coming. James knows that he and his mom need to wait until all cars go by before they can cross the street.

Color This Picture

Color James and his mommy crossing the street safely.



Here's a thing you may not know...
remember when you're on the go,
kids 12 and under ride buckled in the
back, it's the safest place, be sure of that.



R H Y M E S

Take a tip, it's short and sweet...
trouble you won't have to meet,
when you're riding down the street,
in your child safety seat.



One more thing for all to know...
With kids in cars on the go,
safety seats should face the rear,
Until at least 20 pounds
And at least a year.

A booster seat helps keep you safe if you're about four to about the age of eight. You're getting taller, but you're not four-foot-nine, and a safety belt by itself crosses your neck and rides up on your tummy every time! Yes! Buckled in a booster seat is just the thing to keep you so safe you'll want to sing!



Please believe me when I say...
we must be careful every day,
'cause in a car or in a truck,
safety can't depend on luck.



Take this advice like a breath of fresh air...
It's up to those who truly care,
to travel safely everywhere.
That's the news you need to share.

RHYMES

What's Wrong With This Picture?

Larry and Gary are twins. Larry does what his mother tells him to do. Gary does not do what his mother tells him to do.

Circle the things that Gary does wrong when he rides in the car.



Larry

Gary

Word Search

Find the words listed. The words go up, down, across and backwards.



SEAT



HAPPY



LITTLE



WHEEL



SMILE



BELT



HELMET

A	E	D	G	E	M	S	Z	F	V
F	L	R	L	L	H	A	P	P	Y
D	K	T	A	T	E	F	Y	A	L
G	C	L	D	T	L	E	B	R	A
J	U	S	H	I	Y	K	O	E	M
Q	B	E	Y	L	L	A	H	N	E
V	C	A	R	B	V	R	E	T	C
R	E	T	S	O	O	B	L	S	H
X	W	H	E	E	L	I	M	S	I
Y	T	A	R	M	V	L	E	N	L
B	U	S	A	L	E	R	T	Z	D



PARENTS



CAR



BOOSTER



SAFE



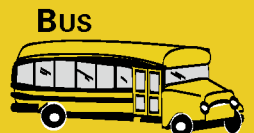
BRAKE



BUCKLE



CHILD

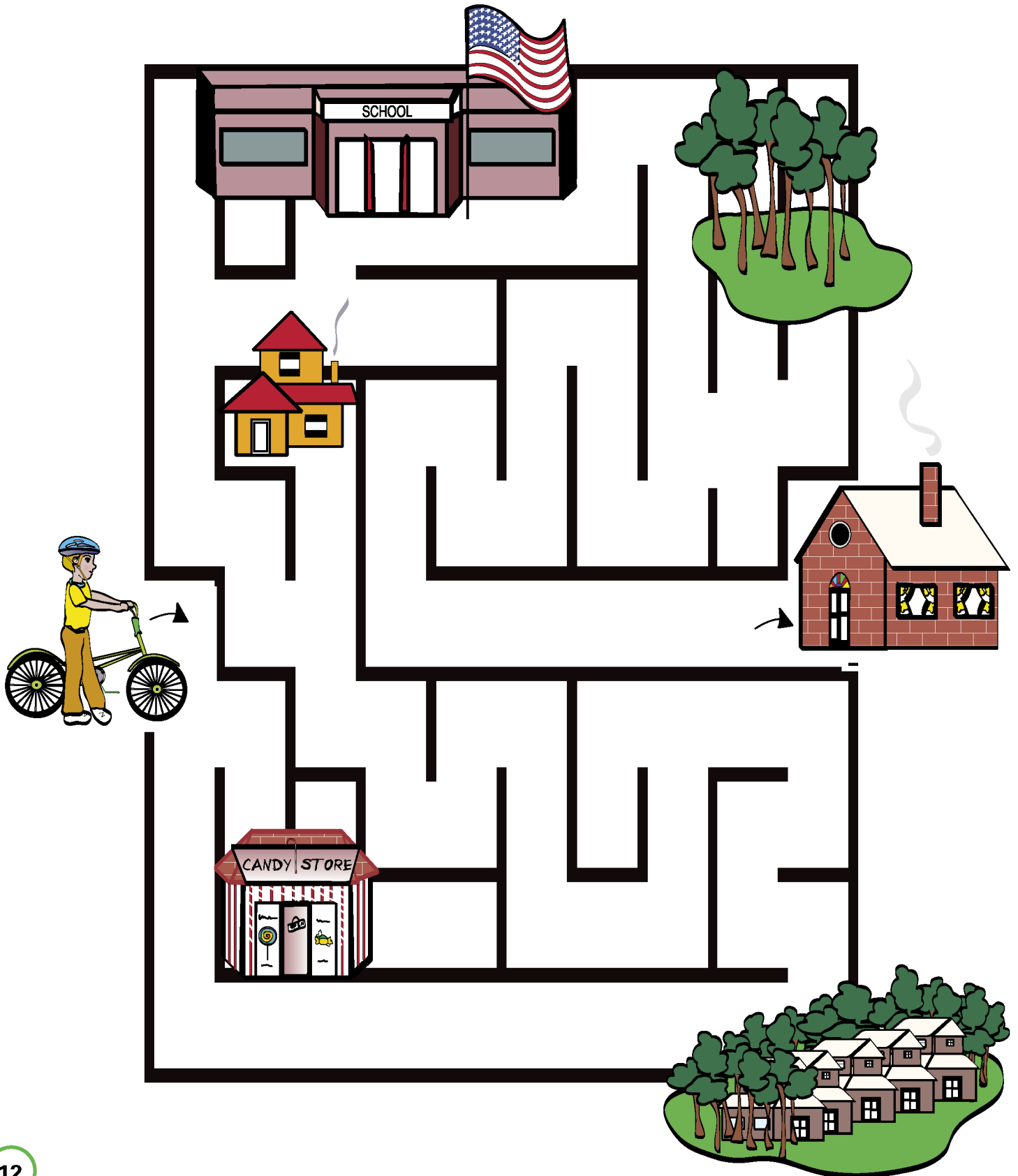


BUS

Paul's A-Maze-ing Trip

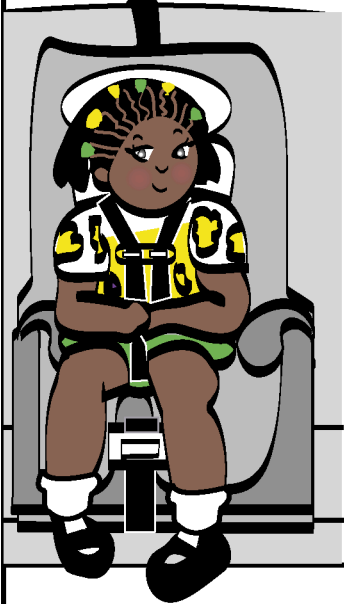
It is Saturday morning and Paul has permission to ride his bike to the candy store, his cousin's house, the school, the park and his grandmother's house. Help Paul have a safe and fun trip.

answer on page 16



Parents – Is Your Child Riding Safely?

If your child is not yet eight years old, he or she probably needs to use a child restraint when he or she rides in a motor vehicle. Unfortunately, a lot of parents and caregivers place children in the wrong size child safety seat or in a safety belt before it is safe to do so.



The following guidelines will help you to make sure you are correctly transporting your child. For more information, please visit the NHTSA Web site at www.nhtsa.dot.gov. And remember — when placing a child safety seat or booster seat in your car or truck, be sure to read the instructions so you install and use the seat correctly. Also, look at your vehicle's owner's manual to see what it says about installing and using child safety seats and booster seats.



All children age 12 and under should ride in the back seat.

- Use rear-facing child safety seats for infants from birth to at least 1 year old, and to at least 20 pounds.
- Use forward-facing child safety seats for children who are at least age 1 to about age 4, and weigh 20 to 40 pounds.
- A child who is about age 4 to about age 8, and under 4' 9" tall, and who has outgrown a forward-facing safety seat should use a booster seat with a lap-shoulder belt. A booster seat raises a child up so the safety belt fits correctly.
- A child who is over 4-feet 9-inches tall should be able to use a safety belt. The lap belt should rest low and snug across the child's upper thighs, and the shoulder belt should be centered on the shoulder and across the chest. The child should also be able to sit all the way back against the vehicle seat back with his or her knees bent comfortably over the edge of the seat.

LATCH (Lower Anchors and Tethers for Children) is a new system for installing child safety seats (not booster seats, car beds, or vests) without using the vehicle's safety belts. Attachments on LATCH-equipped child safety seats fasten to anchors in LATCH-equipped vehicles. Most child safety seats and cars, minivans, and light trucks **manufactured after September 1, 2002**, are required to have LATCH.

LATCH works like this: a LATCH-equipped vehicle has at least two sets of small bars, called "anchors," located in the lower rear seat where the cushions meet the seat back. A LATCH-equipped child safety seat has a lower set of attachments that look like hooks, buckles or snaps. The lower attachments on the child safety seat connect to the lower anchors in the vehicle. Most forward-facing child safety seats **also** have an adjustable upper "tether" strap that has a hook at the end. This hook attaches to an additional upper anchor in the vehicle.

If your child's safety seat is not LATCH-equipped, **it is still safe if:** it has been correctly installed using a safety belt; it hasn't been recalled; and it hasn't been damaged in a crash. Child safety seats that don't have LATCH should be installed using safety belts, even in LATCH-equipped vehicles.

If your vehicle is not LATCH-equipped, you can still use a safety belt to safely install any child safety seat – even one with LATCH. Be sure to follow the instructions in your vehicle owner's manual and in the child safety seat instruction booklet. You can also call the toll-free Vehicle Safety Hotline at 888-327-4236.

Remember, children are safest when properly restrained in the back seat. For a child safety seat inspection by a certified technician, call 1-866-732-8243 (1-866-SEAT-CHECK) or visit www.seatcheck.org.

For more information about LATCH, child safety seats and traffic safety, visit www.nhtsa.dot.gov or call the Vehicle Safety Hotline at 888-327-4236.

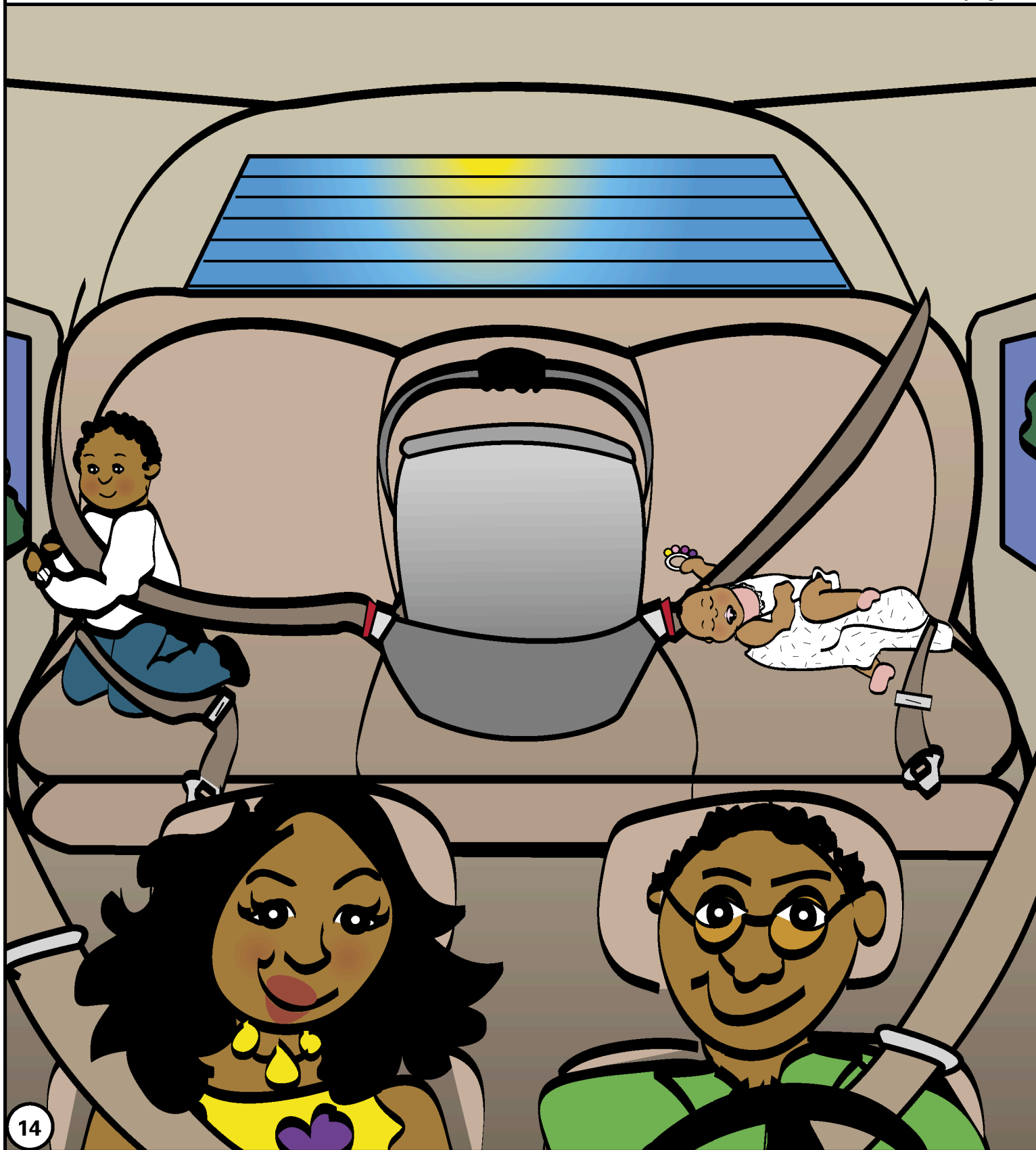


What's Wrong With This Picture?

Take a look at this family of four. The mother and father are wearing safety belts. Good. But, look at the kids! Look at 5-year-old Tim and look at Tim's little sister, Tara. She's 4 months old. Is she safe?

Ask an adult to help you find what's wrong and circle what is unsafe in the picture.

answers on page 17



Word Scramble

Unscramble the words below.

1. **acr**



2. **sbu**



3. **lbte**



4. **tsae**



5. **helew**



6. **mheetl**



7. **kclub**



8. **tosebro**

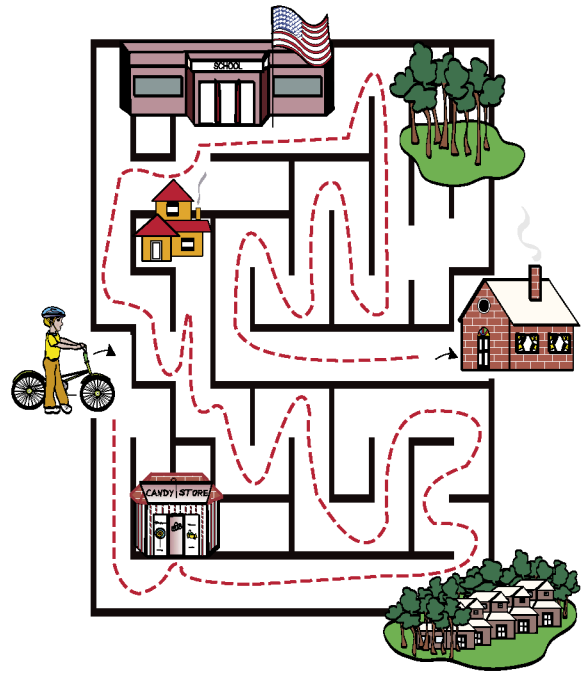


Answer Page:

Word Search: (page 11)



Paul's A-Maze-ing Trip: (page 12)



Secret Code: (page 6)

Stop, and look left-right-left before crossing the street.

Word Scramble: (page 15)

- | | |
|---------|------------|
| 1. car | 5. wheel |
| 2. bus | 6. helmet |
| 3. belt | 7. buckle |
| 4. seat | 8. booster |



Larry

Gary

Larry and Gary: (page 10)

1. Larry is sitting properly in his safety seat, just like his mother told him. Gary might get hurt because he is not sitting properly in his safety seat.
2. Larry keeps his shoulder belt across his chest while his mother is driving. Gary puts his shoulder belt behind him when his mother is not looking.
3. Larry keeps his lap belt snug across his upper thighs like his mother told him. Gary keeps his lap belt loose so he can slip out of it when his mother's not looking.

Answer Page:

Sherry and Terry: (page 5)

1. Sherry puts her helmet on right, so that it is low on her forehead. The helmet straps are snug under Sherry's chin.
Terry puts her helmet on wrong. She puts it far back on her head and lets the straps stay loose under her chin.
2. Sherry is safe. She is sitting down when she rides her bike.
Terry is not safe. She rides standing up.
3. Sherry rides a bike that's safe because it is right for her size. She is able to sit on the seat with her knees straight and her feet flat on the ground.
Terry rides her brother's big bike when he is gone. That is not safe. Her feet cannot reach the ground when she sits on the big bike. It is hard for Terry to stop in a hurry.
4. It is easy for drivers to see Sherry in her brightly colored clothes and she always makes sure her shoelaces are tied tightly.
But Terry is wearing dark clothes and her shoelaces are untied. Her shoelaces can get tangled up with the pedals and cause Terry to fall off the bike.
5. Sherry is alert and can hear traffic driving around her.
Terry is listening to a radio and she can't hear the traffic around her.
6. Sherry has inspected her bike and knows it is safe to ride.
Terry did not inspect her bike and doesn't know it is missing reflectors. This is not safe.

Sherry



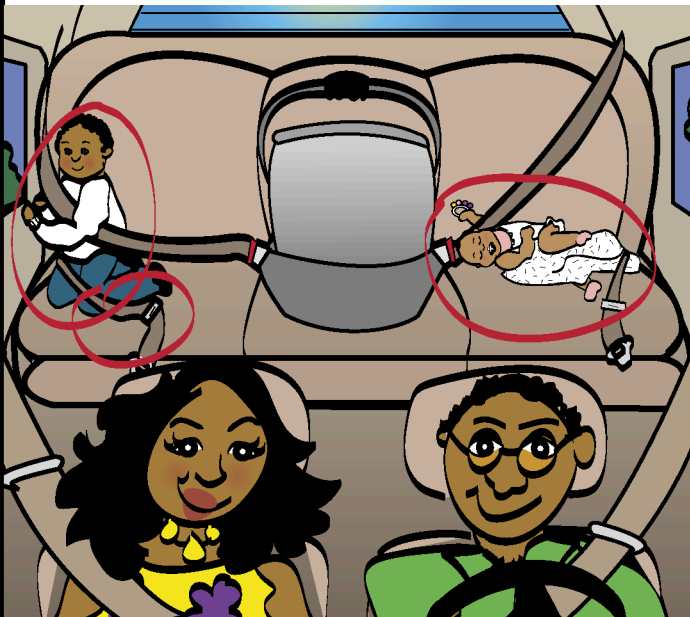
Terry



What's Wrong with the Picture: (page 14)

Tim's lap belt is not buckled and his shoulder belt is too loose. He could be hurt in a crash.
Tara is not buckled up at all. She should be buckled up in a safety seat facing the car's back window.

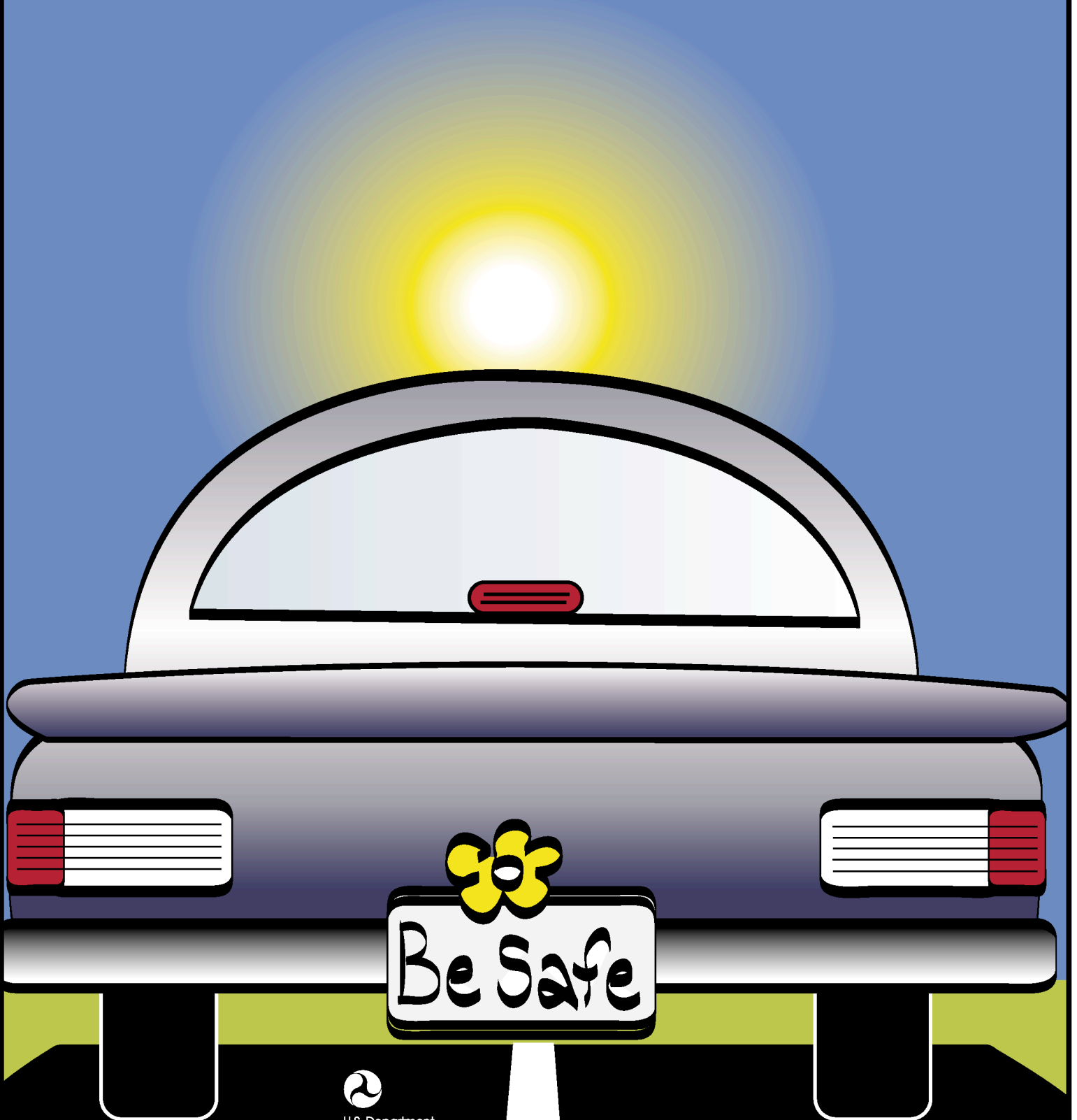
The wrong way:



The right way:



Note to parents: NHTSA has taken care in the preparation of this activity book, but the information it contains does not necessarily describe every situation you may encounter. Visit the NHTSA Web site at www.nhtsa.dot.gov for more information about safety belts, child safety seats, and pedestrian, bicycle and school bus safety.



Vehicle Safety Hotline
888-327-4236


U.S. Department
of Transportation
**National Highway
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www.nhtsa.dot.gov
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people saving people

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