

TRAUMA INJURY PREVENTION PROGRAMME ROAD SAFETY

"Touching lives every step of the way"



Developed by:
Netcare Union and Netcare Mulbarton Hospitals
Trauma Injury Prevention Teams



NETCARE TRAUMA INJURY PREVENTION PROGRAM - ROAD SAFETY

Netcare and The Glen Shopping Centre will be presenting the Road Safety Injury Prevention program. We want to teach them the principles of being a responsible pedestrian.

Standing on the sidewalk, and at traffic lights waiting to cross the road, can be a nerve-wrecking experience for any young child. Becoming road-smart is a key life-skill for nursery, pre-primary and primary school children. By ensuring that a child knows how to recognise dangerous situations, and understand their role and responsibility as a pedestrian, we can assist them to gain the confidence they need to stay safe on the roads as they get older.

We would like to teach children the following key principles of Road Safety:

- Crossing the Road
- Walking on the road safely
- "The road is not a playground"
- Drop-off / pick-up at school

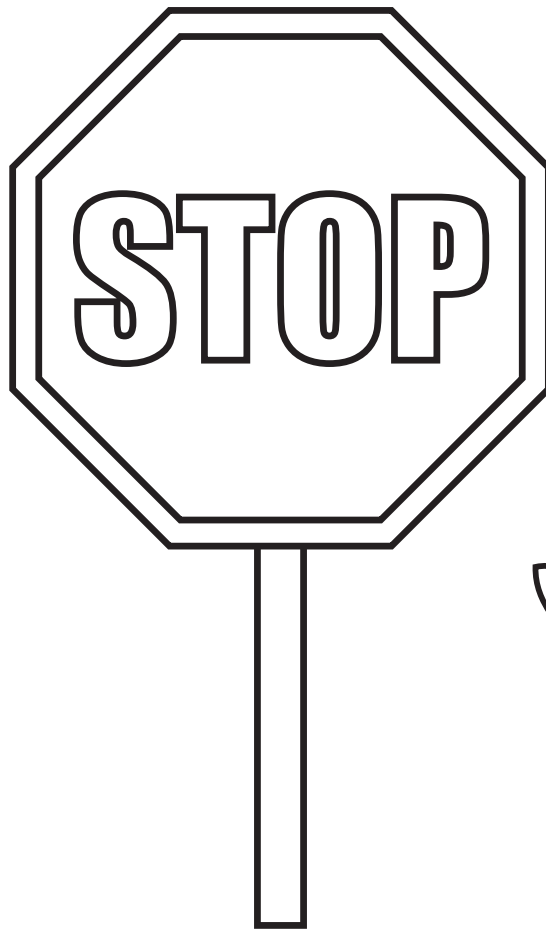
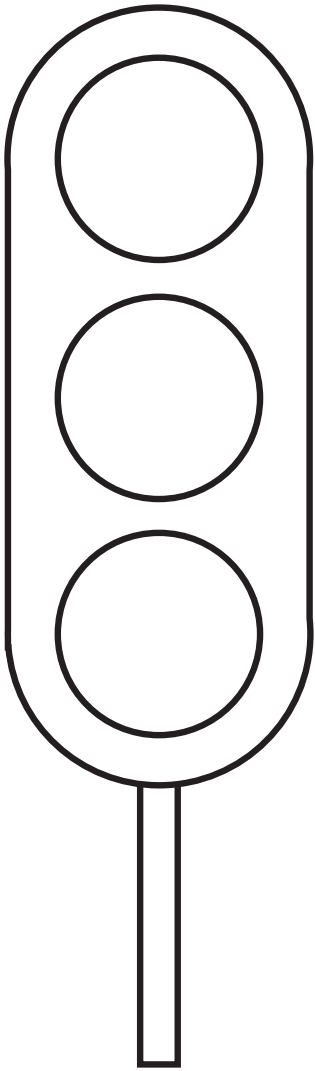
As parents, teachers and caregiver you should:

- Model safe behaviour in and around roads.
- Supervise children on and near roads.
- Hold a child's hand when walking close to or crossing a road.
- Reduce their driving speed to 20km/h when passing a vehicle (car / bus / taxi) where children are being dropped off.
- Remember to reduce your speed to 40km/h or less in areas where children are expected to be: schools, parking lots, etc.

For further information please visit www.theglenshopping.co.za or send an e-mail to Injury.Prevention@netcare.co.za



Colour in!



HOW TO CROSS THE ROAD SAFELY

WALK SAFELY

- Hold an adult's hand when walking
- Walk on the sidewalk
- Always keep a safe distance from the road
- No pushing, shoving or playing games when walking next to the road
- Be visible

CROSSING THE STREET

- Stop at the edge of a street before crossing
- Look right-left-right before crossing the street
- STOP - LOOK - LISTEN before crossing the street
- Use a zebra crossing if there is one
- Keep on looking out for cars as you are crossing the street



NETCARE TRAUMA INJURY PREVENTION PROGRAMME - ROAD SAFETY

CROSSING THE ROAD SAFELY

- **STOP** before you cross the road
- **LOOK** before you cross the road
- **LISTEN** before you cross the road
- Cross the road at a Zebra Crossing

As parents, teachers and caregivers you should:

- Please ensure that your child always adheres to the above mentioned key principles.
- Model safe behaviour in and around roads.
- Supervise children on and near roads.
- Hold a child's hand when walking close to or crossing a road.
- Reduce their driving speed to 20km/h when passing a vehicle (car / bus / taxi) where children are being dropped off.
- Remember to reduce your speed to 40km/h or less in areas where children are expected to be: schools, parking lots, etc.
- Remind your children to put their hands in the air when they are around cars.

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ROAD SAFETY

ROAD SAFETY RULES

- Walk on the sidewalk
- Always keep a safe distance from the road
- No pushing, shoving or playing games when walking next to the road
- Be visible
- Stop at the edge of a street before crossing
- Look right-left-right before crossing the street
- STOP - LOOK - LISTEN before crossing the street.



NETCARE TRAUMA INJURY PREVENTION PROGRAMME - ROAD SAFETY

WALKING NEXT TO THE ROAD SAFELY

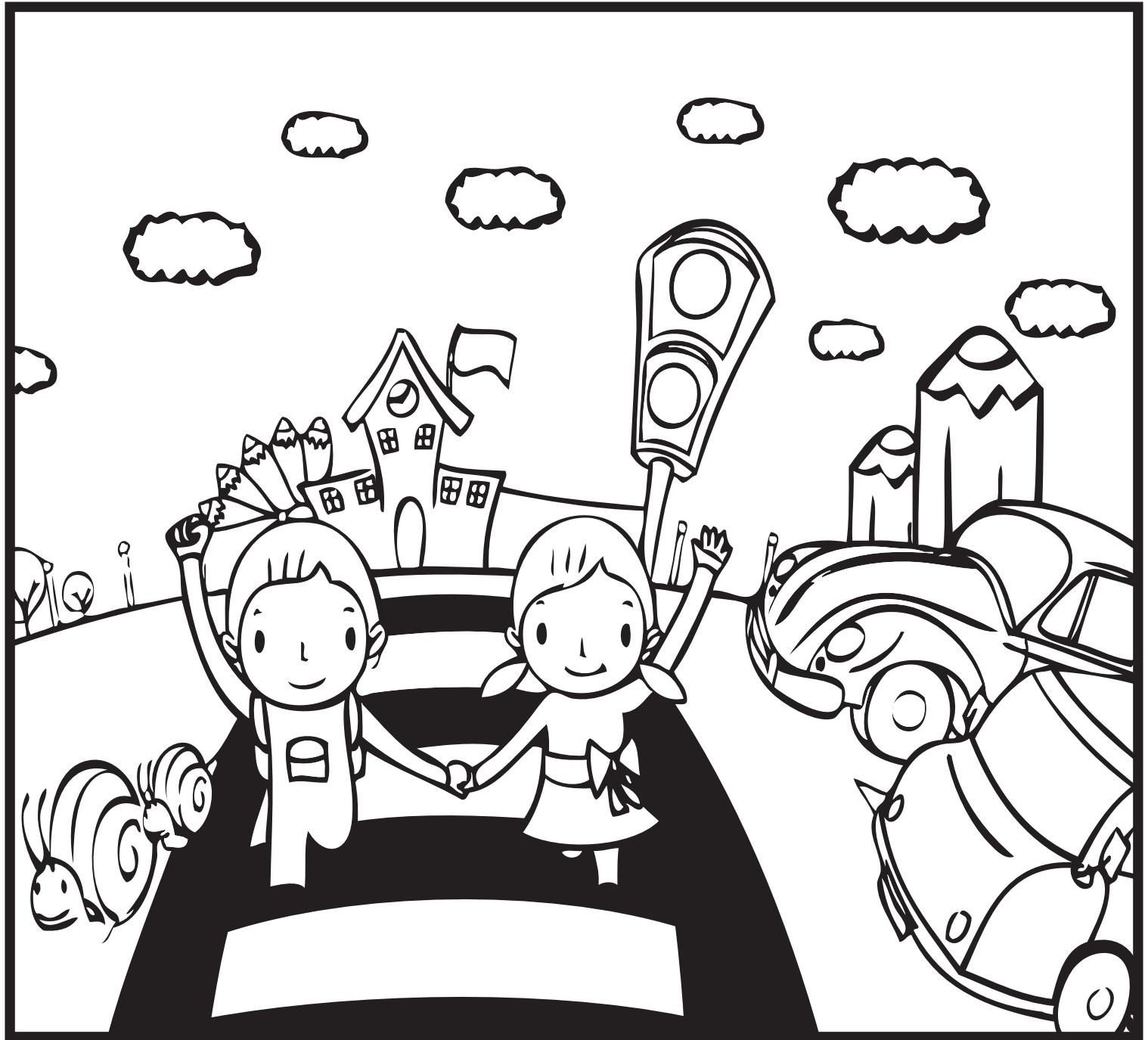
- Walk on the pavement and next to the road at a safe distance
- Always face oncoming traffic
- Be Bright and Be Seen

As parents, teachers and caregiver you should:

- Please ensure that your child always adheres to the above mentioned key principles.
- Model safe behaviour in and around roads.
- Supervise children on and near roads.
- Hold a child's hand when walking close to or crossing a road.
- Reduce their driving speed to 20km/h when passing a vehicle (car / bus / taxi) where children are being dropped off.
- Remember to reduce your speed to 40km/h or less in areas where children are expected to be: schools, parking lots, etc.
- Remind your children to put their hands in the air when they are around cars.

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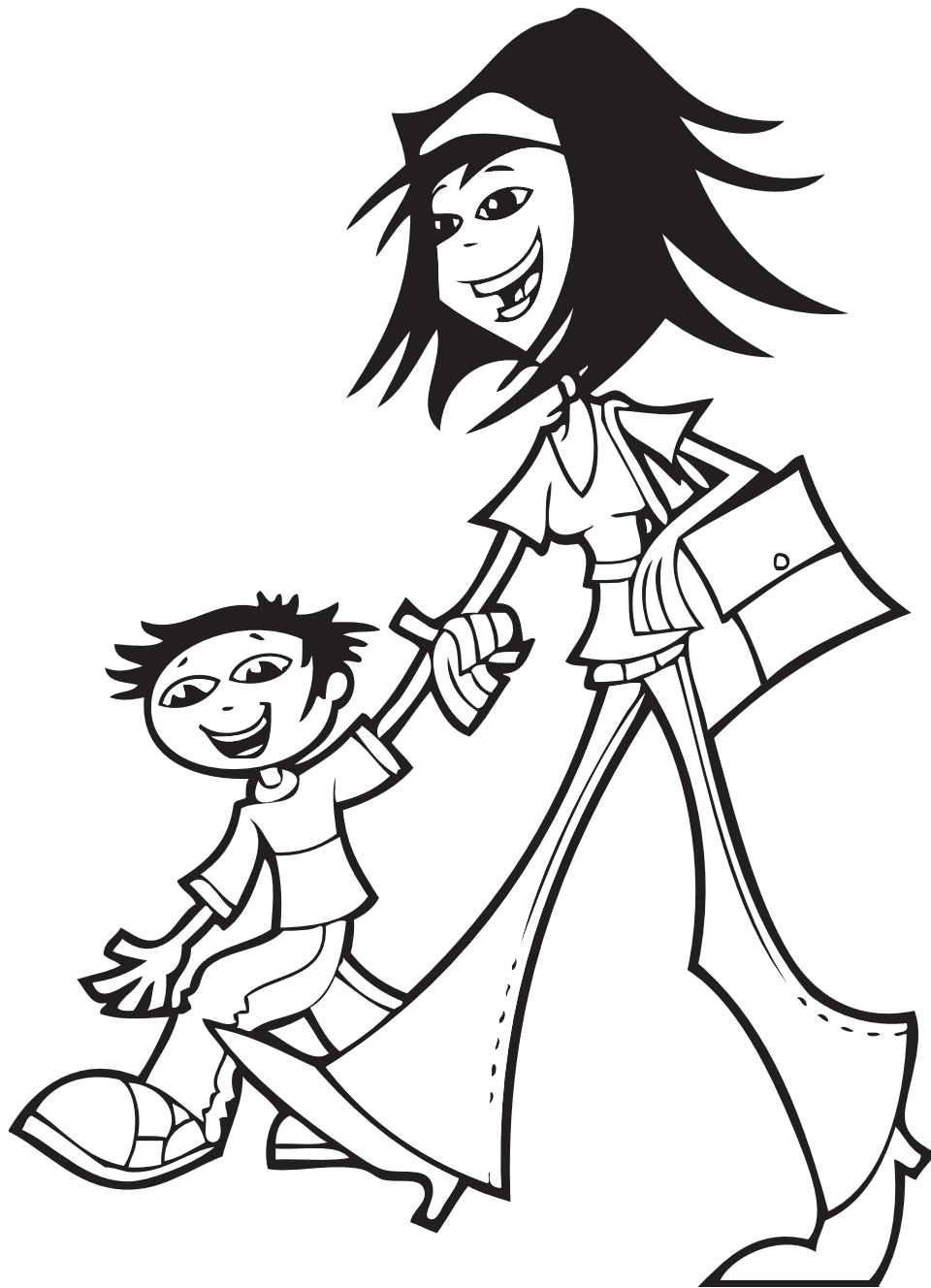
WALKING NEXT TO THE ROAD SAFELY

WALK SAFELY

- Hold an adult's hand when walking
- Walk on the sidewalk
- Always keep a safe distance from the road
- No pushing, shoving or playing games when walking next to the road
- Be visible



Colour in!



ROAD SAFETY

ROAD SAFETY RULES

- Walk on the sidewalk
- Always keep a safe distance from the road
- No pushing, shoving or playing games when walking next to the road
- Be visible
- Stop at the edge of a street before crossing
- Look right-left-right before crossing the street
- STOP - LOOK - LISTEN before crossing the street.



NETCARE TRAUMA INJURY PREVENTION PROGRAM - ROAD SAFETY

THE ROAD IS NOT A PLAYGROUND

- Stop
- Call an adult
- Look: RIGHT – LEFT - RIGHT
- Listen
- Hands up in the air to be visible for oncoming traffic
- Do not run

As parents, teachers and caregiver you should:

- Please ensure that your child always adheres to the above mentioned key principles.
- Model safe behaviour in and around roads.
- Supervise children on and near roads.
- Hold a child's hand when walking close to or crossing a road.
- Reduce their driving speed to 20km/h when passing a vehicle (car / bus / taxi) where children are being dropped off.
- Remember to reduce your speed to 40km/h or less in areas where children are expected to be: schools, parking lots, etc.
- Remind your children to put their hands in the air when they are around cars.

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NETCARE TRAUMA INJURY PREVENTION PROGRAM - ROAD SAFETY

GETTING IN OR OUT OF A CAR, BUS OR TAXI

- Stand still and wait for an adult to accompany you to the vehicle
- “Put Your Hands-up to be Visible for Safety” © programme
- Do not get out of a car, bus or taxi before being instructed to unbuckle and exit vehicle
- Wait for the vehicle to come to a total standstill before exiting

As parents, teachers and caregiver you should:

- Ask your child to demonstrate the “Put Your Hands-up to be Visible for Safety” ©.
- Ensure that your child always adheres to the above mentioned key principles.
- Model safe behaviour in and around roads.
- Supervise children on and near roads.
- Hold a child’s hand when walking close to or crossing a road.
- Remind your children to put their hands in the air when they are around cars.

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MY ROAD SAFETY PLEDGE

Firstly, I will always find a safe place to cross the road before doing so.

I will always stop at the kerb or next to the road before crossing it.

I will always look around and listen for oncoming vehicles or cyclists before crossing the road.

I will only cross the road when it is safe and there are no oncoming vehicles and will not run while crossing the road.

I will always STOP, LOOK and LISTEN before crossing the road.

I know the road is not a playground and how to use the hands-up principles.

I will always hold an adults hand when crossing the road.





EMERGENCY NUMBERS

FOR ALL MEDICAL EMERGENCIES CONTACT:

POLICE:

PROVISIONAL EMS

POISON CONTROL CENTRE

JOHANNESBURG

082911

10111

10177

0800 333 444

011 681 3600



COLOUR IN THE ZEBRA ON THE REVERSE SIDE AND YOU COULD STAND IN LINE TO WIN A R500 VOUCHER FROM THE GLEN SHOPPING CENTRE

NAME AND SURNAME:

DATE OF BIRTH:

TELEPHONE NUMBER:

PHYSICAL ADDRESS:

LEGAL PARENT OR GUARDIAN SIGNATURE:

How to enter: Colour in the Netcare zebra. Once completed simply drop this entry form at The Glen's customer kiosk, Netcare Clinton Hospital, Netcare Union Hospital or Netcare Mulbarton Hospital. There are loads of prizes up for grabs so please make sure your contact details are written down correctly.

Rules and Regulations: 1: You may enter as many times as you wish, a monthly prize winner of R500 voucher from the Glen to be won. 2: Prizes are non-transferrable and may not be exchanged for cash. 3: The Judges decision on the winning entry of the colouring competition will be final and no correspondence will be entered into. 4: The competition is open to everyone except employees of Hyprop, The Glen Shopping Centre tenants, Netcare Clinton, Union and Mulbarton Hospital employees, their families, distributors or advertising agencies. 5: The monthly winners will be announced by the 5th of each month. 6: By entering this competition, entrants agree to the publication of their name and to appearing in person in the electronic and print media as chosen by The Glen Shopping Centre, Netcare Clinton, Union and Mulbarton hospital for information purposes. 7: This competition is open to kids between the ages of 0 and 12.

