



ROAD
TRAVEL
REWARDS

NRMA Online Science and Road Safety Program

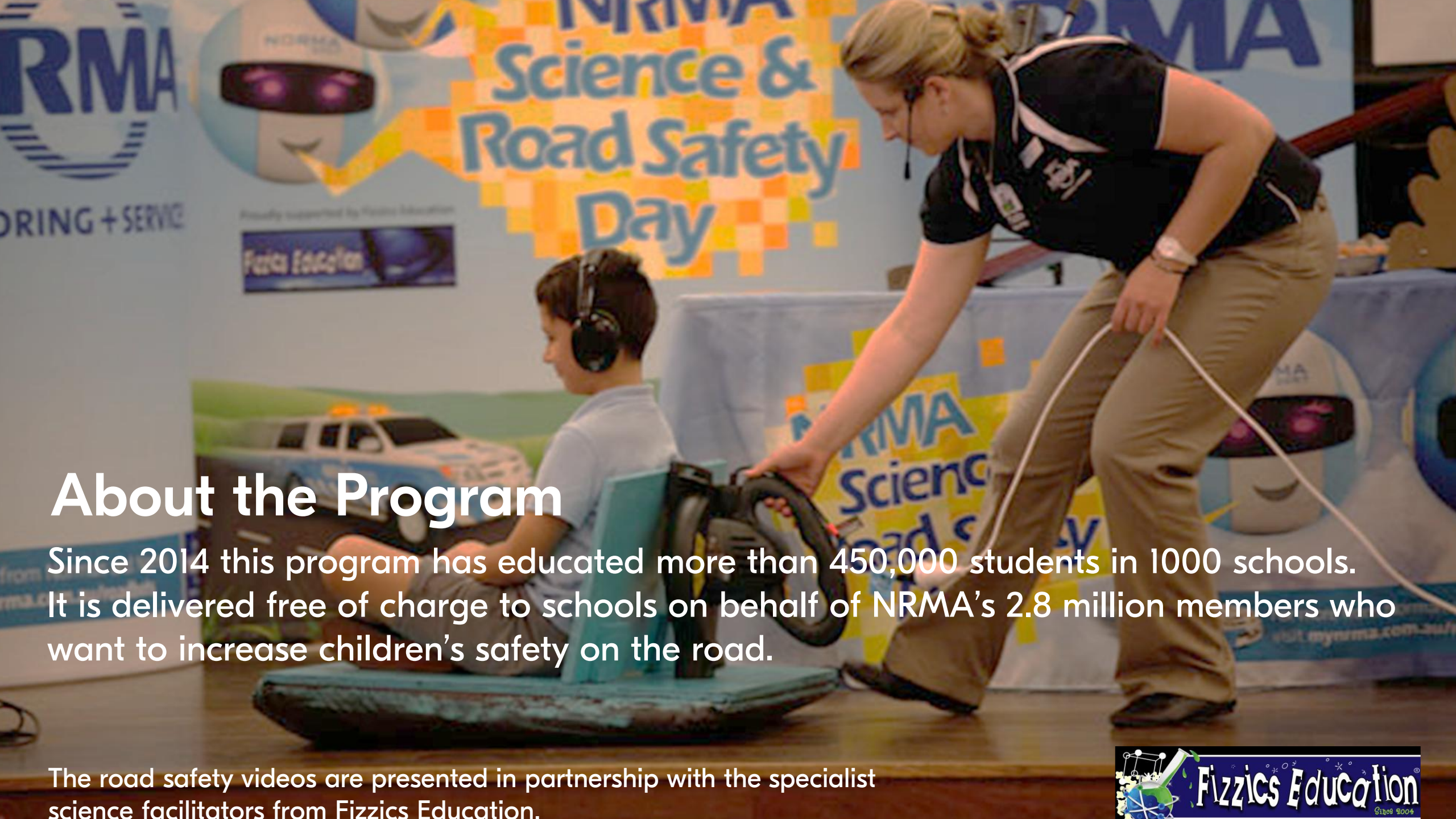
Teacher Resource Pack

2026

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This Teacher Pack contains all the information you need to deliver this program in class with your students.

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About the Program

Since 2014 this program has educated more than 450,000 students in 1000 schools. It is delivered free of charge to schools on behalf of NRMA's 2.8 million members who want to increase children's safety on the road.

The road safety videos are presented in partnership with the specialist science facilitators from Fizzics Education.



4 steps to complete the program

Step 1 : Watch the road safety videos with your students

There are 10 short videos to watch.

IMPORTANT: There are **THREE** versions:

- for ESI/SI [go to pages 7-8](#)
- for Stage 2 [go to pages 9-10](#)
- for Stage 3 [go to pages 11-12](#)

Estimated time: ESI & SI 30-40 min. S2 50 min. S3 60 min.

Step 2 : Reinforce the learning with your students

- Use the questions and activities alongside each video URL to stimulate class discussion
- Go to pages [13-24](#) to further expand on the road safety content covered in the videos
- Use the PDFs included to further reinforce road safety messages; print selected pages of the PDFs for students to complete in class
- There are four versions; ESI, SI, S2, S3.

Estimated time: 60 minutes

Step 3 : Teacher online survey

TEACHER EVALUATION: The short Teacher Evaluation allows you to provide feedback that enables us to continuously improve the program and continue to offer free educational resources to schools.

[Access our Teacher Feedback Survey HERE](#)

Step 4 : Help educate the wider school community

A 4-page parent road safety guide has been included in the Teacher Pack to share via the school's communication channels



The philosophy underpinning the program - Teaching children the **WHAT**, **HOW** and **WHY** of road safety

By the time children start school, most are given the responsibility of putting on their own seatbelt and strapping on their own bike helmet, yet few children actually know how to do this correctly.

This puts them at risk should they be involved in a crash.



Telling children **WHAT** to do e.g.
“Put on your seatbelt” or
“Wear your helmet” is not enough.

Instead, they need to understand
HOW to fit their safety equipment
correctly and **WHY** this safety
equipment is essential to keep them
safe in a crash.

We use science to
debunk road safety
myths held by
children and we
then
teach them safety
strategies to keep
them safe.

Curriculum links K-6

	PDHPE K-6 (2024): Respectful relationships and safety	English K-6 (2023)	Science K-6 (2024)
Early Stage 1	PHE-RRS-01 identifies how respectful relationships and safety contribute to wellbeing	ENE-OLC-01 communicates effectively by using interpersonal conventions and language with familiar peers and adults	STE-SCI-01 identifies and describes characteristics of living things, properties of materials, and movement
Stage 1	PH1-RRS-01 describes and demonstrates actions that support respectful relationships and safety offline and online	EN1-OLC-01 communicates effectively by using interpersonal conventions and language to extend and elaborate ideas for social and learning interactions	ST1-SCI-01 measures and describes changes in living things, materials, movement, Earth and the sky
Stage 2	PH2-RRS-02 describes and applies skills and strategies to interact safely in offline and online contexts	EN2-OLC-01 communicates with familiar audiences for social and learning purposes, by interacting, understanding and presenting	ST2-PQU-01 poses questions to create fair tests that investigate the effects of energy on living things and physical systems
Stage 3	PH3-RRS-02 explains and applies skills and strategies to interact safely in offline and online contexts	EN3-OLC-01 communicates to wide audiences with social and cultural awareness, by interacting and presenting, and by analysing and evaluating for understanding	ST3-CWT-01 creates written texts to communicate understanding of scientific and technological concepts and processes

ESI & SI Video URLs, password access & video discussion questions (Part 1 of 2)

The password for each video is **HELMET26**

<p>Video 1: Why we need seatbelts [3 min 50 sec] https://vimeo.com/502455407 Password: HELMET26</p>	<p>Q1. What is the number one safety strategy when you are inside the car? <i>Wear a seatbelt.</i> Q2. What happens to Eggbert when he forgets to put his seatbelt on? <i>He falls out of the car in the crash and cracks.</i> Q3. Whose job is it to make sure you wear your seatbelt? <i>Everyone's job; to wear their seatbelt and also to check everyone else in the car is wearing their seatbelt.</i></p>
<p>Video 2: Correctly fitting a seatbelt [2 min 50 sec] https://vimeo.com/490596991 Password: HELMET26</p>	<p>Q1. After which birthday does the law allow you to stop using your booster seat? <i>You must have had your 7th birthday.</i> Q2. Even after 7 it can be safer to stay in your booster seat. Why? <i>If the adult seatbelt rubs against your neck.</i> Q3. Find your collarbone and your hip bone. The seatbelt sits across these bones because they are the strongest bones in your body and would take all the force if you were in a crash. Q4. Why is it not safe to put the seatbelt under your arm if it is rubbing against your neck? <i>Your ribs are not strong bones and may crack in a crash. Use a booster seat until the seatbelt doesn't rub against your neck.</i> Q5. When do you take off your seatbelt? <i>It's the last thing you do when the car is parked and you need to get out. Wait for an adult to say it is okay.</i></p>
<p>Video 3: Dangers of distracting the driver [6 min 15 sec] https://vimeo.com/490592646 Password: HELMET26</p>	<p>Q1. Has the driver ever told you to make less noise in the backseat? Why do drivers need to concentrate? <i>Roads are dangerous and they need to keep everyone in the car safe.</i> Q2. What sorts of things could you do in the car so you don't distract the driver? <i>Read a book, play a game on a tablet or other device, sleep, do homework, talk quietly about your day.</i> Activity: Form pairs and choose a student from each pair to be Person A and the other to be Person B. 1. Instruct Person A to count out loud (count backwards from 20) and instruct Person B to be very quiet. 2. Instruct Person A to do another counting activity, or to recite the alphabet and instruct Person B to tell Person A a story (eg. Their favourite movie/what they did on the weekend/retell the story of Little Red Riding Hood). While telling the story Person B should also ask Person A some questions about the story. 3. Ask the students to consider which activity was more difficult and why. Students can change places if time permits.</p>
<p>Video 4: Exiting the car safely [1 min 40 sec] https://vimeo.com/502441497 Password: HELMET26</p>	<p>Q1. Which side of the car is the safety door? <i>The side of the car that opens onto the footpath</i> Q2. Why is the safety door the only door to use to get in and out of the car? <i>It is away from the moving traffic or the road.</i> Q3. What happens if someone else is sitting near the safety door, how do you get out? <i>You ask them to get out first or you slide past them.</i> Q4. When is it safe to open the door of the car to get out? <i>When an adult tells you it is safe to do so.</i></p>

ESI & SI Video URLs, password access & video discussion questions (Part 2 of 2)

The password for each video is **HELMET26**

Video 5: Crossing the road safely

[1 min 30 sec]

<https://vimeo.com/502445495>

Password: **HELMET26**

Q1. Why does holding hands with an adult when crossing the road increase your safety? *They are taller and can be seen by cars, they are also watching the road. Hold hands with an adult when crossing the road until you are at least 10 years old.*

Q2. If there is no adult around, can you hold hands with an older brother or sister when crossing? *Yes. Always hold someone's hand who is older than you, if there is no adult around.*

Q3. Demonstrate each step of **STOP LOOK LISTEN & THINK** before crossing the road.

Q4. Why is it important to **not** run around in car parks at the shops? *Cars are reversing and they won't see you behind them. Hold hands with an adult or older sibling to be seen by drivers and stay safe.*

Video 6: How to correctly fit your helmet

[4 min 10 sec]

<https://vimeo.com/502447917>

Password: **HELMET26**

Activity: Practice putting on a real or imaginary helmet following the steps:

1. Place two fingers on your forehead, just above your eyebrow, and slide your helmet down to touch
2. Check that the V on each side is underneath each ear
3. Clip your helmet and check you can get two fingers beneath your chin and the strap

Q1. What does the "wobble test" of your helmet tell you after you have put on your helmet? *If your helmet doesn't move it is correctly fitted. If it moves around then it needs tightening.*

Q2. What kind of damage to a helmet should you look out for? *The straps must be in good condition and there should be no cracks in the helmet. Tell an adult your helmet has damage as you need a new one to keep you safe.*

Summary of all key road safety content

Video 7: Summary - Fitting your seatbelt correctly

[35 sec] <https://vimeo.com/502453198>

Video 8: Summary - Distracting the driver & safe exit from car [35 secs] <https://vimeo.com/502453573>

Video 9: Summary - Fitting your bike helmet correctly [30

secs] <https://vimeo.com/502453964>

Video 10: Summary – Crossing the road & holding hands

[40 sec] <https://vimeo.com/502454302>

More detailed road safety information can be found on the following pages.

Seatbelts & Booster seats	Pages 14-15
Distracting the driver	Page 17
Safe exit from car	Page 18
Crossing the road & carpark safety	Page 19-20
Fitting bike helmet	Page 21 -22

Stage 2 Video URLs, password access & video discussion questions (Part 1 of 2)

The password for each video is **HELMET26**

<p>Video 1: Welcome [1 min 06 sec] https://vimeo.com/510635671</p>	<p>Meet the presenter and NRMA Mascots Norman and Norma to set the scene for students.</p>
<p>Video 2: How cars move [7 min 20 sec] https://vimeo.com/510635339 Password: HELMET26</p>	<p>Friction takes moving energy and turns it into heat and sound. The more friction, the slower the movement. Let's try the example from the show.</p> <ol style="list-style-type: none"> 1. Rub your hands together. How quickly can you go? Can you hear the sound? Now bring your palms up to your face, how does it feel? Warm. That's the energy created from friction. 2. Now make two fists and rub your knuckles together. How quickly can you go? Why was it slower than rubbing your palms together? The grooves of your knuckles created more friction. This is what the tread on a tyre does. It helps it to grip to the ground as it drives. Why is it important for tyres to have grip on the road? <i>Tyres need grip on the road so they do not slide and cause the vehicle to crash.</i> 3. When roads are wet, why is it harder for cars to stop? <i>The water reduces the friction between the tyres and road making it harder to stop.</i>
<p>Video 3: Why we need seatbelts [4 min 48 sec] https://vimeo.com/510635556 Password: HELMET26</p>	<p>Q1. What is the number one safety strategy for when you are in the car? <i>Wear a seatbelt.</i> Q2. What happens to Eggbert when he forgets to put his seatbelt on? <i>He falls out of the car in the crash and cracks.</i> Q3. Whose job is it to make sure you wear your seatbelt? <i>Everyone's job; to wear their seatbelt and also to check everyone else in the car is wearing their seatbelt.</i></p>
<p>Video 4: Correctly fitting a seatbelt [6 min 58 sec] https://vimeo.com/510635145 Password: HELMET26</p>	<p>Find your collarbone and your hip bone. The seatbelt sits across these bones because they are the strongest bones in your body and would take all the force if you were in a crash.</p> <p>Q1. What is your safety strategy for where to sit in the car to stay safe? Why? If you have to sit in the front, what's the safest way to sit in the front seat? <i>It is best to sit in the back until you are in high school so you are tall enough for the airbag not to injure you. If you have to sit in the front because the back seat is full of younger children, make sure your seat is pushed all the way back so you are far from the airbag.</i></p> <p>Activity: Place a mark 150cm high on the wall and have students check their height against this mark. Only those 150cm or taller can safely sit in the front seat of a car.</p>
<p>Video 5: Dangers of distracting the driver [6 min 00 sec] https://vimeo.com/510634873 Password: HELMET26</p>	<ol style="list-style-type: none"> 1. Form pairs and choose a student from each pair to be Person A and the other to be Person B. 2. Instruct Person A to count out loud (count backwards from 10, count by 5s, count by 8s) and instruct Person B to be very quiet. 3. Instruct Person A to do another counting activity, or to recite the alphabet and instruct Person B to tell Person A a story (eg. Their favourite movie/what they did on the weekend/retell the story of Little Red Riding Hood). While telling the story Person B should also ask Person A some questions about the story. 4. Ask the students to consider which activity was more difficult and why. Students can change places if time permits. <p>Q1. Why is it important for a passenger to not distract the driver? <i>To avoid having a crash.</i></p>

Stage 2 Video URLs, password access & video discussion questions (Part 2 of 2)

The password for each video is **HELMET26**

<p>Video 6: Exiting the car safely [1 min 44 sec] https://vimeo.com/510635506</p>	<p>Q1. Which side of the car is the safety door on and why is this the safest side to get out of the car? <i>The side of the car that opens onto the footpath and away from the moving traffic or the road.</i></p> <p>Q3. What happens if someone else is sitting near the safety door, how do you get out? <i>You ask them to get out first or you slide past them.</i></p>	
<p>Video 7: Crossing the road [3 min 26 sec] https://vimeo.com/510634989 Password: HELMET26</p>	<p>Q1. Name all the steps we take when crossing the road. STOP LOOK LISTEN & THINK</p> <p>Q2. Explain what you would do at each of the STOP LOOK LISTEN & THINK steps.</p> <p>Q3. Why does holding hands with an adult when crossing the road increase your safety? <i>They are taller and can be seen by cars, they are also watching the road. Hold hands with an adult when crossing the road until you are at least 10 years old. Also hold hands with younger siblings to keep them safe too.</i></p> <p>Q4. Why is it important wait for cars to stop before you start to cross the road? <i>Driver may not have seen you, driver may not be able to stop in time.</i></p>	
<p>Video 8: How to fit your helmet [7 min 00 sec] https://vimeo.com/510634704 Password: HELMET26</p>	<p>Practice putting on a real or imaginary helmet following the steps:</p> <ol style="list-style-type: none"> 1. Place two fingers on your forehead, just above your eyebrow, and slide your helmet down to touch 2. Check that the V on each side is underneath each ear 3. Clip your helmet and check you can get two fingers beneath your chin and the strap <p>Q1. What does the “wobble test” of your helmet tell you after you have put on your helmet? <i>If your helmet doesn't move it is correctly fitted. If it moves around the it needs tightening.</i></p> <p>Q2. Why should we NEVER drop or throw our helmet? <i>If it has a crash the foam inside the helmet compresses and cannot protect you in another crash – you will need to buy a new helmet.</i></p>	
<p>Stage 2 Video 9: Summary Slides (Part 1) [2 min 44 sec] https://vimeo.com/510635290 Password: HELMET26</p>	<p>More detailed road safety information can be found on the following pages.</p> <p>Boosters & seatbelts p. <u>14-15</u></p>	
<p>Stage 2 Video 10: Summary Slides (Part 2) [1 min 34 sec] https://vimeo.com/510635093 Password: HELMET26</p>	<p>Sit in front seat p. <u>16</u></p> <p>Distracting the driver p. <u>17</u></p> <p>Exit safety door p. <u>18</u></p> <p>Crossing the road p. <u>19</u></p> <p>Carparks and driveways p. <u>20</u></p> <p>Correct fit of bike helmet p. <u>21</u></p> <p>Correct helmet selection p. <u>22</u></p> <p>Helmet care & safety sticker p. <u>23</u></p>	

Stage 3 Video URLs, password access & video discussion questions (Part 1)

The password for each video is **HELMET26**

<p>Video 1: Welcome [1 min 14 sec] https://vimeo.com/510523362</p>	<p>Meet the presenter and NRMA Mascots Norman and Norma to set the scene for students.</p>
<p>Video 2: How cars move [7 min 24 sec] https://vimeo.com/510525103 Password: HELMET26</p>	<p>Friction takes moving energy and turns it into heat and sound. The more friction, the slower the movement. Let's try the example from the show.</p> <ol style="list-style-type: none"> 1. Rub your hands together. How quickly can you go? Can you hear the sound? Now bring your palms up to your face, how does it feel? Warm. That's the energy created from friction. 2. Now make two fists and rub your knuckles together. How quickly can you go? Why was it slower than rubbing your palms together? The grooves of your knuckles created more friction. This is what the tread on a tyre does. It helps it to grip to the ground as it drives. Why is it important for tyres to have grip on the road? <i>Tyres need grip on the road so they do not slide and cause the vehicle to crash.</i> 3. When road are wet, why is it harder for cars to stop? <i>The water reduces the friction between the tyres and road making it harder to stop.</i>
<p>Video 3: Why we need seatbelts [4 min 52 sec] https://vimeo.com/510524896 Password: HELMET26</p>	<p>Q1. What is the number one safety strategy for when you are in the car? <i>Wear a seatbelt.</i> Q2. What happens to Egbert when he forgets to put his seatbelt on? <i>He falls out of the car in the crash and cracks.</i> Q3. Whose job is it to make sure you wear your seatbelt? <i>Everyone's job; to wear their seatbelt and also to check everyone else in the car is wearing their seatbelt.</i></p>
<p>Video 4: Correctly fitting a seatbelt [7 min 01 sec] https://vimeo.com/510524582 Password: HELMET26</p>	<p>Find your collarbone and your hip bone. The seatbelt sits across these bones because they are the strongest bones in your body and would take all the force if you were in a crash.</p> <p>Q1. What is your safety strategy for where to sit in the car to stay safe? Why? If you have to sit in the front, what's the safest way to sit in the front seat? <i>It is best to sit in the back until you are in high school so you are tall enough for the airbag not to injure you. If you have to sit in the front because the back seat is full of younger children make sure your seat is pushed all the way back so you are far from the airbag.</i></p> <p>Activity: Place a mark 150cm high on the wall and have students check their height against this mark. Only those 150cm or taller can safely sit in the front seat of a car. Graph the results by age and height and work out what % of students are safe to sit in the front seat of the car.</p>
<p>Video 5: Dangers of distracting the driver [6 min 05 sec] https://vimeo.com/510524349 Password: HELMET26</p>	<ol style="list-style-type: none"> 1. Form pairs and choose a student from each pair to be Person A and the other to be Person B. 2. Instruct Person A to count out loud (count backwards from 10, count by 5s, count by 8s) and instruct Person B to be very quiet. 3. Instruct Person A to do another counting activity, or to recite the alphabet and instruct Person B to tell Person A a story (eg. Their favourite movie/what they did on the weekend/retell the story of Little Red Riding Hood). While telling the story Person B should also ask Person A some questions about the story. 4. Ask the students to consider which activity was more difficult and why. Students can change places if time permits. <p>Q1. Why is it important for a passenger to not distract the driver? <i>To let them concentrate on the road and avoid a crash.</i></p>

Stage 3 Video URLs, password access & video discussion questions (Part 2)

The password for each video is **HELMET26**

<p>Video 6: Exiting the car safely [1 min 48 sec] https://vimeo.com/510524264</p>	<p>Q1. Which side of the car is the safety door on and why is this the safest side to get out of the car? <i>The side of the car that opens onto the footpath and away from the moving traffic or the road.</i></p> <p>Q3. What happens if someone else is sitting near the safety door, how do you get out? <i>You ask them to get out first or you slide past them.</i></p>						
<p>Video 7: Crossing the road [3 min 30 sec] https://vimeo.com/510524096 Password: HELMET26</p>	<p>Q1. Name all the steps we take when crossing the road. <i>STOP LOOK LISTEN & THINK</i></p> <p>Q2. Explain what you would do at each of the STOP LOOK LISTEN & THINK steps.</p> <p>Q3. Why does holding hands with an adult when crossing the road increase your safety? <i>They are taller and can be seen by cars, they are also watching the road. Hold hands with an adult when crossing the road until you are at least 10 years old. Also hands with younger siblings to keep them safe too.</i></p> <p>Q4. Why is it important wait for cars to stop before you start to cross the road? <i>Driver may not have seen you, driver may not be able to stop in time.</i></p>						
<p>Video 8: How to fit your helmet [7 min 05 sec] https://vimeo.com/510523586 Password: HELMET26</p>	<p>Practice putting on a real or imaginary helmet following the steps:</p> <ol style="list-style-type: none"> 1. Place two fingers on your forehead, just above your eyebrow, and slide your helmet down to touch 2. Check that the V on each side is underneath each ear 3. Clip your helmet and check you can get two fingers beneath your chin and the strap <p>Q1. What does the “wiggle test” of your helmet tell you after you have put on your helmet? <i>If your helmet doesn't move it is correctly fitted. If it moves around the it needs tightening.</i></p> <p>Q2. Why should we NEVER drop or throw our helmet? <i>If it has a crash the foam inside the helmet compresses and cannot protect you in another crash – you will need to buy a new helmet.</i></p>						
<p>Video 9: Are you a distracted pedestrian? [9 min 05 sec] https://vimeo.com/513349158 Password: HELMET26</p>	<p>Q1. What can you do to BE BRIGHT & BE SEEN? <i>Wear brightly coloured clothing or clothing with reflective materials.</i></p> <p>Q2. In what other ways can you make sure you are being a safe pedestrian? <i>Watch where you are walking. Listen to music with one earphone out, put your device away. Look out before you step out onto the road. Wait for cars to stop before starting to cross.</i></p> <p>Q3. Can you explain what happened when the boy was walking across the stage while playing the game? What is inattentional blindness? When we pay close attention to one thing, we are less focused on other things that are happening around us. Has this even happened to you? What happened?</p>						
<p>Video 10: Road safety strategies – a summary & page in Teacher Info Pack [5min 42 sec] https://vimeo.com/510523950</p>	<p>More detailed road safety information can be found on the following pages.</p> <table border="1" data-bbox="550 1239 2448 1372"> <tr> <td data-bbox="550 1239 1009 1372"> Boosters & seatbelts p. 14-15 Sit in front seat p. 16 Distracting the driver p. 17 </td> <td data-bbox="1009 1239 1467 1372"> Exit safety door p. 18 Crossing the road p. 19 Carparks and driveways p. 20 </td> <td data-bbox="1467 1239 1951 1372"> Correct fit of bike helmet p. 21 Correct helmet selection p. 22 </td> <td data-bbox="1951 1239 2448 1372"> Helmet care & safety sticker p. 23 Distracted pedestrians p. 24 </td> </tr> </table>			Boosters & seatbelts p. 14-15 Sit in front seat p. 16 Distracting the driver p. 17	Exit safety door p. 18 Crossing the road p. 19 Carparks and driveways p. 20	Correct fit of bike helmet p. 21 Correct helmet selection p. 22	Helmet care & safety sticker p. 23 Distracted pedestrians p. 24
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Road safety themes & safety strategies for students to remember

1. Seatbelts
2. Booster seats
3. Front seat
4. Being a distracting passenger
5. Safety Door
6. Crossing the road
7. Driveways and car parks
8. Helmet – correct fit
9. Helmet – selection
10. Helmet – care and safety
11. Distracted pedestrians



1. Seatbelts

- Seatbelts sit across STRONG bones in order to keep you safe
- The belt must sit on your collar and hip bones
- If a seatbelt rubs on your neck you may still need a booster seat as you are not tall enough yet to sit without one
- Tucking the belt under your arm and across your ribs to stop it rubbing on your neck can seriously injure you in a crash

Safety strategy

- Make sure your seatbelt goes across your collar and hip bones
- If it rubs on your neck use a booster seat to help you sit taller
- Check everyone in the car is wearing their seatbelt
- Keep your seatbelt on even if the car has parked
- Wait for the driver to tell you it is safe to take off your seatbelt



2. Booster Seats

- By law, children must use a booster seat until age 7
- People come in different shapes and sizes
 - If you are 7 or older and your seatbelt still rubs along your neck then stay in your booster seat until you get taller
 - If you are 145cm or taller and the seatbelt no longer rubs on your neck, you may be ready to move onto the next level (in this case an adult seatbelt)

Safety strategy

- Stay in your booster seat until your 7th birthday or longer if your seatbelt rests across your neck

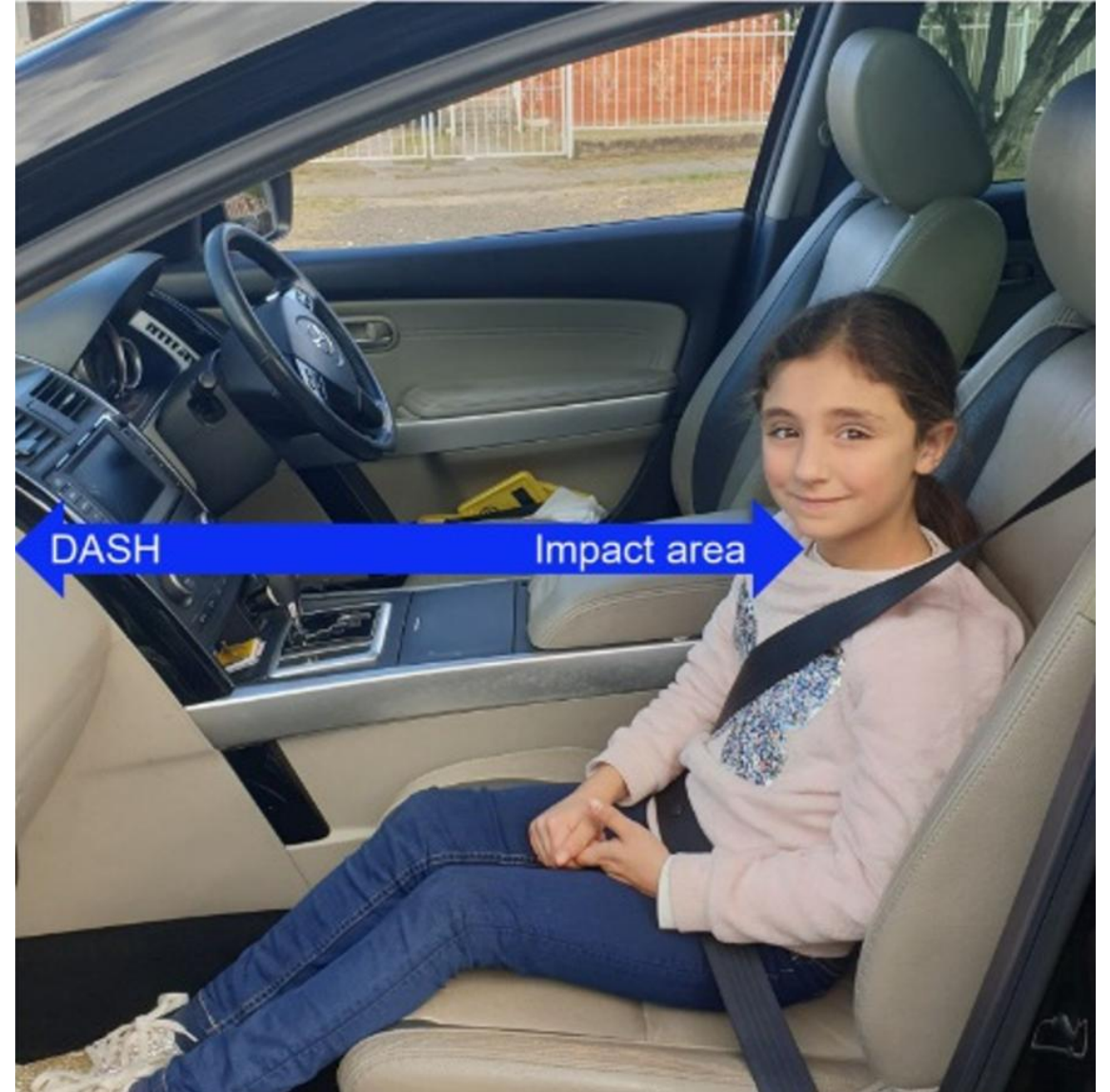


3. Front seat

- The backseat is the safest place to sit
- Only sit in the front seat if the back seat is full of younger children
- Airbags are designed and tested on adults so children could be seriously injured if the airbag hits them in the face or head in a crash

Safety strategy

- Always sit in the back seat until you are in high school when you are tall enough to be safe
- If you are forced to sit in the front, push your seat as far back as possible from the dash/airbag.



4. Passenger distractions

- Drivers must concentrate on the road at all times
- They are responsible for your safety as well as the safety of all other road users
- If you are being noisy or demanding attention you are creating a distraction for the driver
- It is dangerous for the driver to take their eyes off the road to deal with your questions and distracting behaviour
- Driver distraction puts everyone at risk

Safety strategy

- Be responsible for your own behaviour
- Set a good example to your younger passengers
- Be prepared with activities to do in the car
- Help to keep others entertained so they don't distract the driver



5. Safety door

- Exiting the car onto the road is dangerous
- The **safety door** is the door that opens onto the footpath
- Slide across the backseat if you need to get to the safety door
- Never get in/out of a car from the door that opens onto the road
- Some children get dropped at school in the carpark where there is no clear safety door, so wait until an adult opens the door and walks you to a safe footpath
- Also wait for an adult to open the door in shopping centre carparks as cars are moving on both sides of your car



Safety strategy

- Always use the **safety door** in your car that opens onto the footpath to get in and out of a car
- Never use the door that opens out to the road or traffic
- Wait for an adult to tell you it is safe to get out of the car when in carparks

6. Crossing the road

- Children should always hold the hand of an adult or use a support arm when crossing the road until they are at least 10 years old
- Hold the hand of your younger siblings to keep them safe on the road
- Wait until cars stop (even at a pedestrian/zebra crossing) before you step onto the road as drivers can get distracted and not see you

Safety strategy

- Hold hands with an adult or use a support arm until at least 10 years old
- Always use a pedestrian/zebra crossing if available
- Wait for cars to stop before you cross
- Always **STOP, LOOK, LISTEN** and **THINK!**



7. Driveways & car parks

- Because of height, children are very hard to see from the driver's seat
- Carparks have cars moving in every direction, often reversing, so drivers can't see people behind them
- Drivers in carparks can be distracted and may not be actively looking out for pedestrians



Safety strategy

- Always hold hands with an adult or use a support arm so it is easier for drivers to see you
- Be cautious of cars as they may be reversing with poor vision
- Remember to **STOP, LOOK, LISTEN & THINK** in carparks or when walking across driveways

8. Fitting helmets

- Helmets only protect your head if they are fitted correctly
- If a helmet is not fastened securely it will fall off in a crash and you may receive a brain injury
- Brain injuries are very serious and may impact you for the rest of your life

Safety strategy

- Make sure your helmet is securely fitted on your head so you will stay safe in a crash
- Follow all the steps to correctly fit your helmet
- Get help from an adult if the helmet straps are tight to adjust



No, this is too loose ... It will fall off in a crash and you risk injury to your brain.



Step 1: No more than 2 fingers between eyebrows and helmet



Step 2: Make a V with your straps as close as you can under your ears.



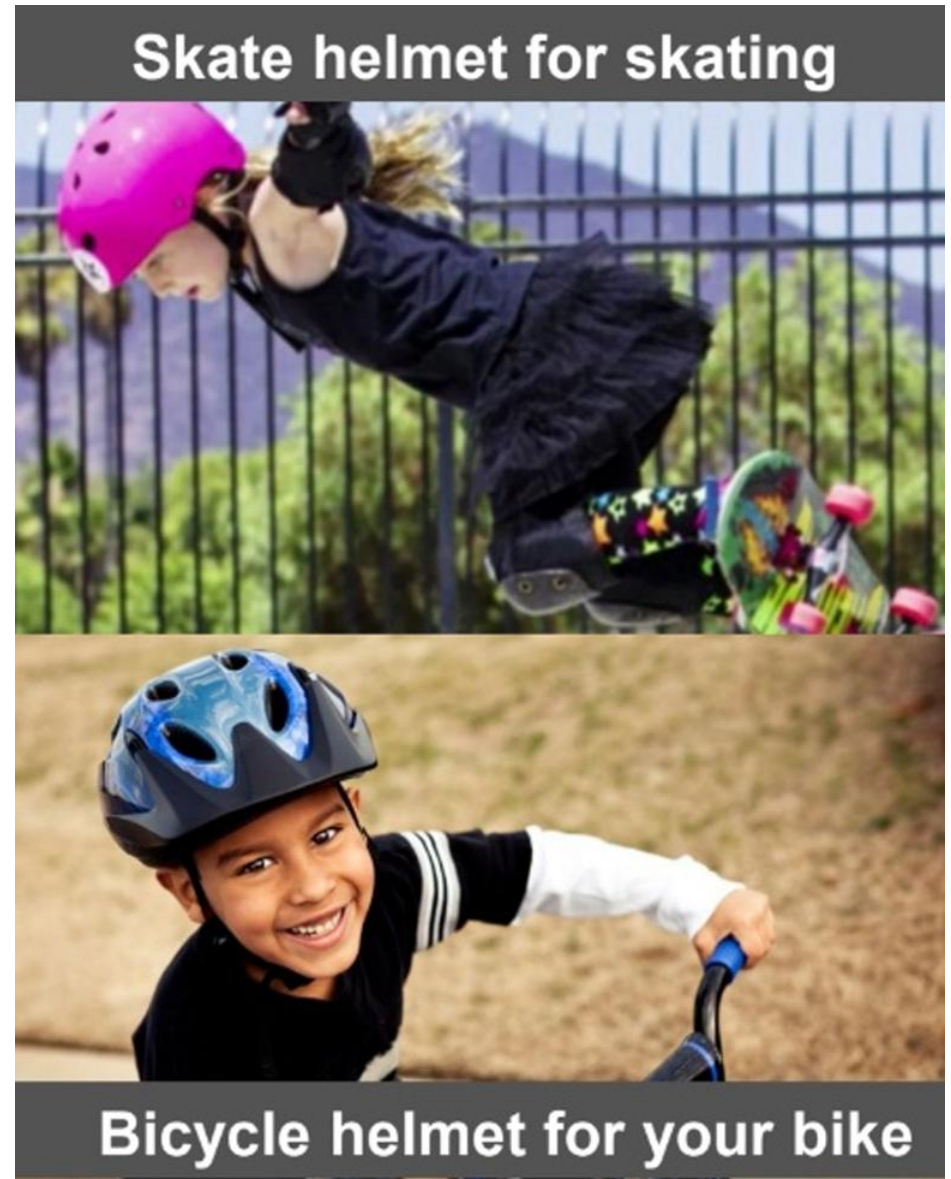
Step 3: Only 2 fingers between the strap and your chin.

9. Choosing the correct helmet

- People on skateboards tend to fall backwards - Skateboard helmets are lower in the back to protect the back of your head and neck
- People riding bikes can travel very fast and they tend to be thrown forwards in a crash which can to head injuries
- Bicycle helmets are designed to take the extreme impact of the crash at the front of the head
- Replace your bike helmet after a crash to make sure to stay safe

Safety strategy

- Always wear the correct helmet for your activity
- Make sure it is correctly fitted to ensure it stays on your head in a crash



10. Helmet care - safety

- The foam inside your helmet keeps you safe in a crash. It compresses (gets hard) to absorb the force of the crash
- After a crash, you need to get a new helmet because the foam has already been compressed and it won't be able to compress another time if you crash
- Replace your helmet even if it looks okay after a crash; the fine cracks in the foam often can't be seen
- Never throw your helmet on the ground as this will damage the foam

Safety strategy

- Look after your helmet - store it safely where it won't fall down and hit the ground
- Check your new helmet has an Australian Standards sticker which tells you it as been tested and is safe to use



11. Pedestrian distractions/ inattentional blindness

- Always be alert to your surroundings when you are walking on the footpath
- If you are looking at a device or listening to music with headphones you are distracted and you can miss warning signs of potential danger
- Your brain can't focus on many things at one time and so you may miss the immediate dangers around you if you are distracted while walking



Safety strategy

- Stay alert when on or near roads
- Make sure you can see - put your devices away until you have stopped walking and can safely use them
- Make sure you can hear – keep one earbud out of your ears so you can hear cars or warning sounds
- Always look out before you step out onto the road



ROAD
TRAVEL
REWARDS

Thank you

We value your feedback.

Please access our teacher feedback survey [HERE](#)