



Personal Safety
Easy Read Information
For people with learning disabilities
and/or autism

Find out more about personal safety
by visiting the Safety Circles Website.



www.speakup.org.uk/safetycircles

You can also order more copies of
this workbook and watch the
Safety Circles online films.

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About this workbook



This workbook has been made in partnership with people with learning disabilities and/or autism.



We have made this workbook and DVD to tell you about Personal Safety. It talks about how to be safe when out and about.



This workbook is best worked through when watching the films called "Safety Circles".



You can work through the DVD and workbook in groups, on your own or with support.



Keep the workbook safe and look through it regularly to remind you how to keep safe.

What is Personal Safety?



Personal Safety is very important.



There are lots of things you can do to keep safe when out and about.



It is everyones responsibility to be safe.



Before you go out, think safety. Plan your trip and make sure someone knows where you are going and when you will be back.



Be safe and be seen at all times.

Being seen at night



At night it is dark and it can be hard to see dangers around you.



It can also be hard for other road users to see you.



If you cannot see dangers around you or other road users cannot see you then accidents can happen.



There are lots of things you can do to be safe at night or on darker days when it is cloudy.



Be safe, be seen!

Being seen at night - walking



Always wear bright or reflective clothes at night and during the day if it is a dull, cloudy day.



Carry a torch at night so you can see dangers and to help other road users to see you.



Try to avoid walking down dark streets or through parks and woods at night.



Take extra care at night when crossing roads because other road users might not see you.

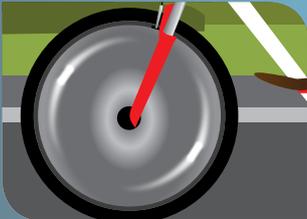


For extra safety, don't walk alone at night.

Being seen at night - riding your bike



Always wear bright or reflective clothes at night and during the day if it is a dull, cloudy day.



Fit wheel reflectors, bike reflectors and helmet reflectors as well.



Make sure you have lights on your bike that work and have good batteries in them.



Avoid riding your bike down dark roads where there are no street lights.



For extra safety, avoid riding your bike at night.

Being seen at night - remember



What should you do?

Always

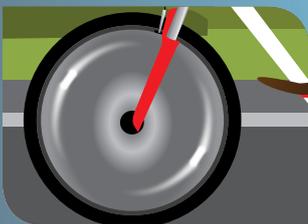
Never



Wear bright or reflective clothes at night



Walk down unlit dark streets



Take off all your bike reflectors because they're not cool



Check your torch and bike lights before you go out

Bike Safety



Your bike can be a safe, quick and fun way of getting around and keeping fit.



There are lots of places where you can ride a bike, such as cycle paths, parks and bridleways.



But if you ride a bike on the road then you are sharing the road with cars, lorries, busses and other vehicles much bigger than you.



There are many dangers so you need to be a safe rider.



You also need a safe bike.

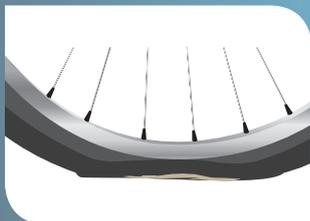
Bike Safety - A safe bike



A safe bike is your best friend when you ride it on the road. So you need to look after it.



It is a good idea to check your bike every time before you use it.



Check the tyres are ok and are pumped up.



Check your wheels to make sure they are not bent or have any broken spokes.



Check your brakes!
Do they work?
Are the cables ok?

Bike Safety - A safe bike



Make sure your front wheel is pointing forward and is straight.



Check your chain is ok and oiled.
Make sure you can change gear ok
and nothing is bent.



Check your bell works.
Make sure you have a bell!



Make sure your lights work ok and change their
batteries if they are not bright.



Check for loose mudguards, brackets, fixings
and clamps. Tighten or repair them if you
need to.

Bike Safety - A safe rider



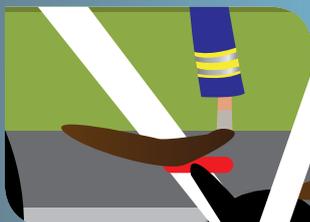
You need to check that you are ready to go out on your bike as well.



Have you got a helmet?
Does it fit properly?
Has it got any cracks in it or broken straps?



Always wear bright or reflective clothes when you go out on your bike.



Make sure you have good shoes on so they grip well on your pedals.



On cold days wear gloves and a warm jacket. Take a waterproof jacket too if you think it might rain.

Bike Safety - Ride Safely



Be aware at all times. Watch what other road users are doing and use hand signals to make sure they know what you are doing.



When you are cycling you are part of the road traffic, you must follow the laws of the road; just like cars and every other road user.



This means you must make sure that you stop at the traffic lights when they are red and go when they are green.



Do not drink alcohol before using your bike.



Don't wear headphones when riding, you won't be able to hear what is going on around you.

Bike Safety - Ride Safely



You shouldn't go too fast as you may need to brake quickly to avoid the cars, other road users or pedestrians.



Watch for dangers like car doors being opened, people stepping out in front of you or cars turning in front of you.



We aware of busses and lorries. They might not see you when they are turning.



Try not to ride your bike on the road when it is very busy.



Look for cycle lanes and cycle paths. Use them instead of roads if you can.

Bike Safety Quiz



1) How often should you check your bike?

Once a year

Every time you use it



2) Which of these things are important to check?

Are the lights working?

Do the brakes work ok?

Are the tyres pumped up?

Is my bike better than my friends?

Is the chain clean and oiled?

Bike Safety Quiz



3) Which of these things should you always do?

Wear a helmet

Listen to music on headphones

Wear expensive riding clothes



4) Which of these is safer?

Riding on a busy road at night

Riding on a cycle path during the day



5) What should you do at a red light?

Look to see if it is safe and ride across

Stop and wait for a green light

Bus Safety



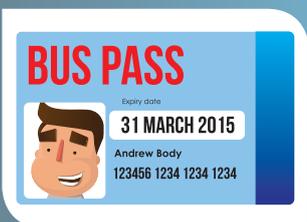
It's important to know which bus you need to catch and where from before you go out.



Tell somebody at home where you are going and the time you are likely to get back home.



Take a mobile phone. Make sure it is charged and has credit.



Remember your Bus Pass.



Make sure you have enough money to get there and back. Keep your money safe.

Bus Safety



It's a good idea to have a personal alarm with good batteries.



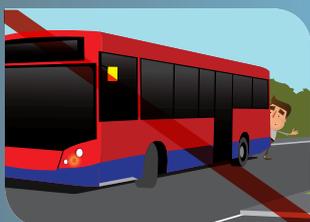
If you have problems walking, tell the driver. When you get on the bus, ask the driver to wait until you have sat down before he sets off.



If someone abuses you on the bus or calls you names then tell the driver. Move to a seat closer to the driver if you feel worried.



Ring the bell when you need to get off and wait until the bus stops before you stand up to get off.



If you need to cross the road after getting off the bus, wait until the bus has gone, then look for a safe place to cross.

Taxi Safety



Getting a taxi can cost a lot of money but it can be a safe way to get home if you get stuck or can't get a bus.



If you are going out drinking alcohol then make sure you keep enough money back for a taxi home in case you miss the bus.



If you are getting a taxi home, **always** get a taxi from the taxi rank or phone to book one. Don't wave one down in the street.



Share a taxi with friends if you can!



If you can then try to book your taxi before you go out. Ask someone you trust to help you find a local taxi company which they trust.

Taxi Safety



Be safe. Before you get in the taxi ask the driver to make sure it is the taxi you booked.



Always sit in the back of the taxi.



Say hello and tell the taxi driver where you are going. It is ok to chat with the driver a little, but try not to talk to them too much. Never tell the taxi driver personal things about you.

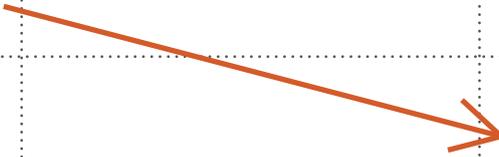


Always wear your seatbelt. A seatbelt can save your life in a car accident. Your taxi driver might not remind you to put it on, so it is up to you to remember.



Have your keys ready so when you get out of the taxi you can get into your house quickly and safely.

Pairing Exercise. Draw an arrow to show which danger you can match up with how to be safe.

Danger		How to be safe
Stuck in town and missed the last bus		Wait until the bus stops before getting up to get off
Being hurt getting off your seat while the bus is moving		Take extra money with you in case you need a taxi
Can't get home because there are no taxis in town		Always wear a seatbelt in a taxi
You don't know where to get a bus home from		Always remember to take your bus pass out with you
Being hurt in an accident in a taxi		Always ask the taxi driver if this is your taxi before you get in
Being abused on a bus by someone		Book a taxi to take you home before you go out
Forgotten bus pass so have to pay for my bus ticket		Share your taxi with a friend you trust
The taxi is taking me the wrong way, this is not my taxi!		Wait until the bus has gone before trying to cross the road
The taxi has cost me a lot of money		Make sure you know which bus to get before you go out
Get knocked over by a car when getting off the bus		Sit near the driver at the front of the bus and tell them

So remember



Take a mobile phone.
Make sure it is charged and has credit.
Remember your Bus Pass.



Make sure you have enough money to get there and back. Keep your money safe.



If someone abuses you on the bus or calls you names then tell the driver. Move to a seat closer to the driver if you feel worried.



If you are getting a taxi home, **always** get a taxi from the taxi rank or phone to book one. Don't wave one down in the street.



Always wear your seatbelt in a taxi.
Sit in the back of the taxi.
Try not to talk to the taxi driver too much.

Walking Safety



Walking is a good way to get about, it keeps you fit and you can enjoy the fresh air.



If you choose to walk you need to know how far it is to get where you want to go. Always take money with you just in case.



Are you fit enough to get there and back?
Have you got a plan in case you can't walk back?



Do you know the way? Is it safe?
If you can, walk with a friend.



Are you wearing the right clothes and shoes?

Walking Safety



Always walk on the footpaths and not on the road.



Shortcuts can be dangerous, stick to the main routes which are well lit and where there are other people.



If you drive a mobility scooter, check your speed when on the pavement, remember 4mph is the maximum speed limit for pavements.



Never walk on motorways or busy roads where there are no footpaths.



If you are walking on country lanes, walk on the right hand side so drivers can see you and you can see them.

Walking Safety - Be aware



Don't walk around with headphones in your ears as you can't hear what is happening around you.



Don't text or use your phone when you are trying to cross the road. Be aware at all times!



Be aware of traffic pulling in and out of car parks and car park spaces.



Look out for reversing lorries and cars. They may not see you.



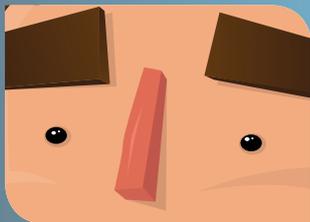
Don't walk in dark places such as parks, woods or by canals and rivers. If you have to then walk with a friend or someone you trust.

Walking Safety - Crossing the road

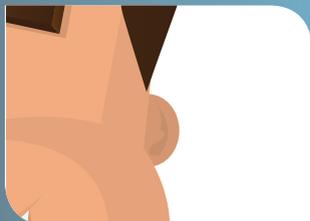


Stop before you cross.

Look and listen for traffic.



If it is not safe to cross then wait.



Look and listen again and when you are sure it is safe then cross, looking and listening all the time.



Listen out for emergency services like ambulances and fire engines. Stand back from the edge of the road or crossing and wait until they have gone before you start to move again.



Be careful when crossing at junctions. Look for traffic on both roads and also any which might be about to turn onto the road you are crossing.

Walking Safety - Pedestrian Crossings



Make sure you cross the road at the pedestrian crossing. There are 3 kinds of pedestrian crossings.



Pelican and Puffin crossings have two lights, one red and one green. When you have pressed the button to stop traffic wait for the green one to come on before crossing the road.



Don't cross when it turns red, this means the traffic might start to move again.



Zebra crossings have black and white lines on each side of the road with two yellow colored beacons at either side where you can cross the road.



Be extra careful when using these crossings. Cars should stop at the crossing to let people cross but there are no traffic lights to stop cars.

Walking Safety - Other places to cross



If you can't find a pedestrian crossing then find somewhere safe to cross.



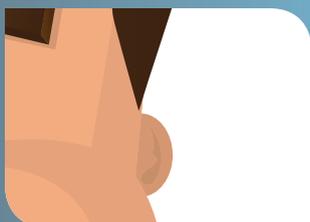
Look both ways and listen. Look out for bikes too, especially if there is a bike lane.



Only cross when it is safe to cross, don't run and keep looking both ways as you cross.



When using an island crossing, make sure it is safe to cross on both sides of the road.

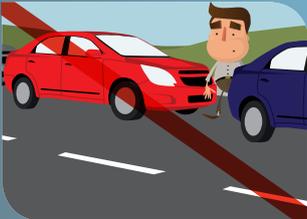


It is very important to listen out for the different sounds or noises of Police Cars, Fire Engines, and Ambulances. The emergency services will not stop at a crossing as they need to get somewhere as quickly as possible.

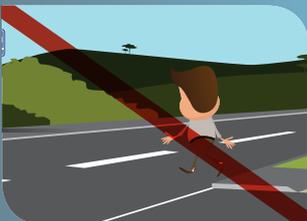
Walking Safety - Dangerous crossings



Don't rush and never run across the road. Take your time and if you are not sure, wait before you decide to cross.



Don't cross the road in the middle of two cars, you don't have a good view of the road.



Don't cross the road when on a corner as you can't always see traffic coming towards you.



Don't follow other people across the road as they may not be safe. Always check before you cross the road.



If a car, van or lorry is parked on the pavement and you can't get past, walk away and find a safe place to cross the road so you can get past.

Walking Safety - Top Tips



Try not to go out when the roads are busy, between 8am and 9am in the morning and then between 5pm and 6pm in the evening.



Plan your trip out if you haven't been there before. Go with someone you trust if it is for the first time.



Take something to drink with you and something healthy to eat.



Always have a charged up mobile phone with you which has credit on it.



Take extra care at night and always let someone know where you are going and when you will be back.

Road Safety Quiz



1) When using a pedestrian crossing, when can you safely cross?

On the green light

On the red light



2) When using a zebra crossing, tick the right answers?

Look both ways for cars or emergency vehicles

Wait for cars to stop before crossing

Run across the road quickly

Look both ways as you are crossing

Write here the other things you should do

Road Safety Quiz



3) Where is the safe place to cross the road?

Between 2 parked cars

Where you can see the road properly and not near junctions and corners

Anywhere as long as you can run across fast enough



4) Which of these is correct?

Texting while trying to cross the road is fine as long as nobody sees you

Look both ways before you cross, listen for traffic and only cross when it is safe.



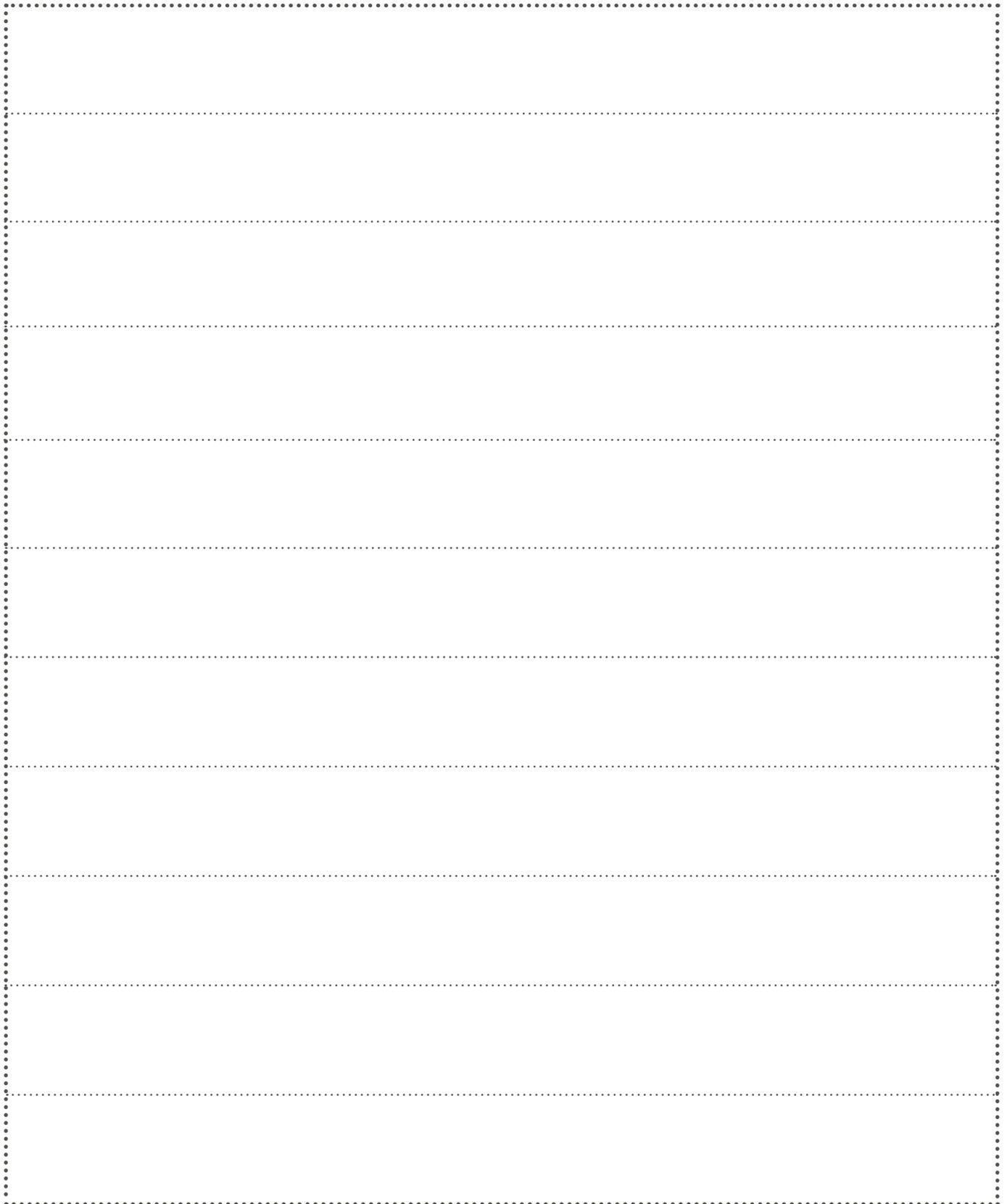
5) Which colours are safer to wear?

Dark colours

Reflective, bright colours

Pale colours

You are planning to go for a walk into town. It is quite a long way, make a list of the things you need to do to be safe before you go out:



A large rectangular area with a dotted border, intended for writing a list of safety tasks. The area is empty and occupies most of the page below the text.

Remember



What should you do?



Wear bright or reflective clothes so you can be seen

Always

Never



Always look for a safe place to cross the road



Stop, look and listen for traffic before you cross



Always take a charged mobile phone with you



Be Safe Be Seen



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