



VOLVO

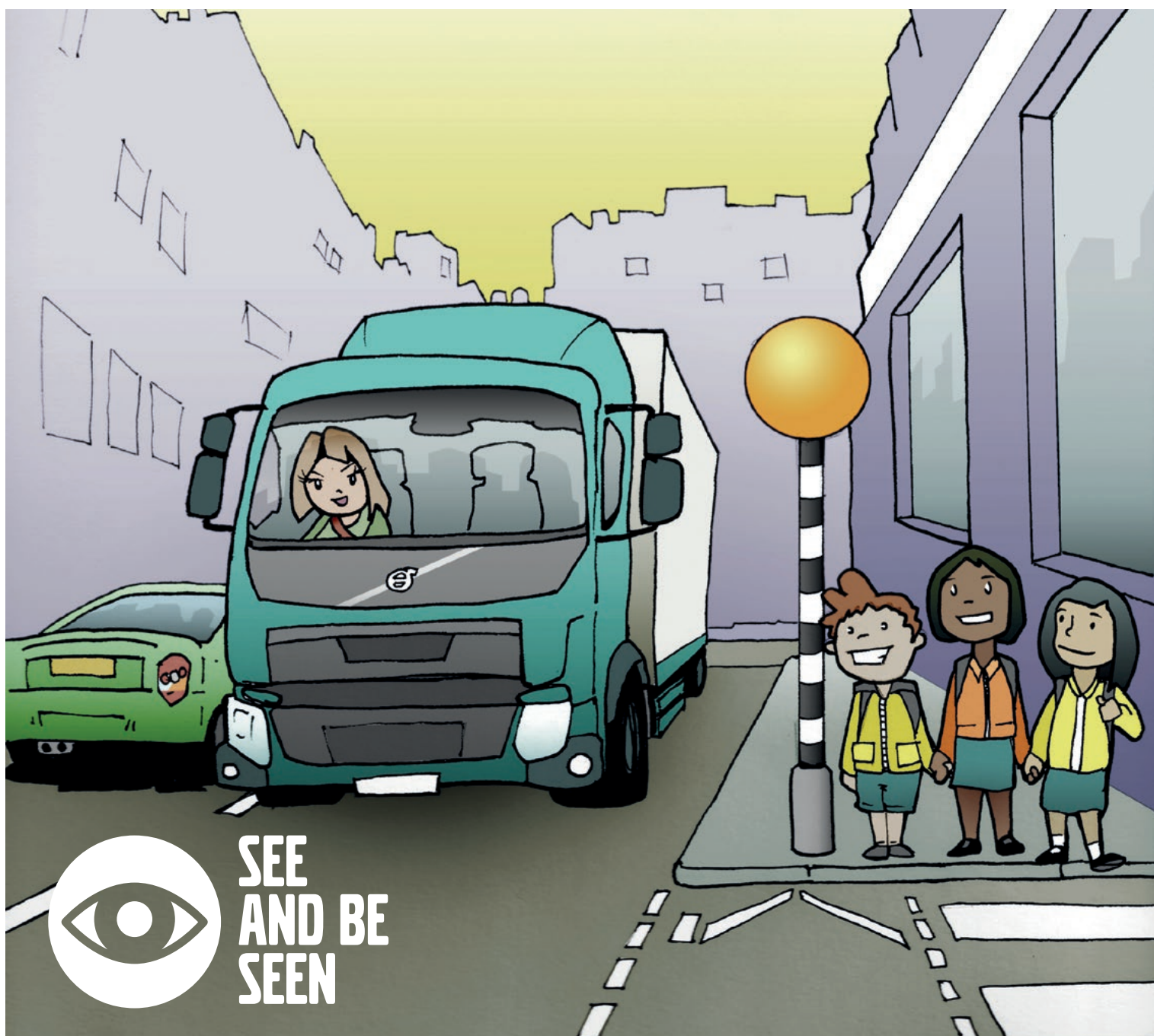
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Volvo Trucks. Driving Progress

Your Volvo Trucks Safety Workbook

LORRIES AND YOU



**SEE
AND BE
SEEN**

THIS WORKBOOK BELONGS TO:

Safety around lorries

We all need to understand how important it is to be safe around lorries and when walking next to busy roads. This book will help you to stay safe and also be seen near lorries.

Lorries can be very big. They are heavy, have big wheels and very large powerful engines to carry all the things on-board. The driver has to sit high up above the engine and may find it difficult to see you, so making sure the driver can see you is very important.

You can see the driver best through the windscreen.

While waiting to cross a road make sure you look out for lorries and their drivers so that they can see you.

Remember to listen and look for lorries on the move, they could be going forwards, backwards, or turning left or right.

We have a lot of fun things to do whilst learning about safety around lorries like drawing, colouring and writing.

So let's begin!



Knowing your road signs

There are a lot of road signs to help both drivers and you. It is very important to know what these signs mean.

Each of the following signs help you to behave safely. Do you know what the shapes and the colours of the signs mean and what they are telling you to do?



In the space below, design a sign that could be used to make people more aware of road safety around lorries.

Road Safety and you

Roads can be dangerous but there are some simple safety rules like the Green Cross Code that you can follow every day to keep you safe when walking by or crossing roads.

Road Safety is all about looking out for dangers around you, by following the Green Cross Code you can keep yourself safe.

- 1. Firstly find yourself a safe place to cross and then stop. Can the drivers see you and can you see them?**
- 2. Stand on the pavement, just behind the kerb.**
- 3. Look all around you and listen carefully for traffic.**
- 4. Wait until it is safe to cross, if traffic is coming, let it pass and don't cross.**
- 5. When it is safe walk straight across, looking and listening as you cross.**
- 6. Always walk and never run.**



Safe areas to cross the road

There are many places that you can use to cross the road safely. How many different crossings have you used?

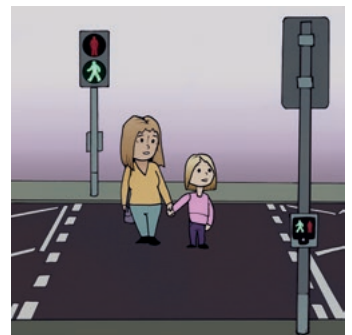
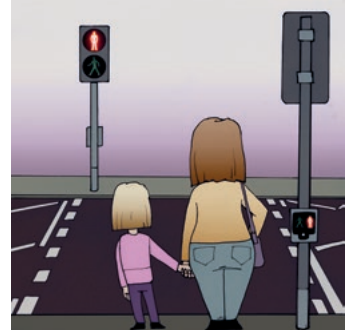
Pelican and Puffin Crossings

Pelican and Puffin Crossings use lights to help show you when to cross the road safely.

When you stand near the kerb ready to cross, press the button on the crossing and wait. The red man will light up to show you that it is NOT safe to cross.

When the man goes green it means it should now be safe to cross. Remember to look and listen to make sure it is safe before you cross and check that the traffic has stopped. There may also be a beeping sound to help tell you when to cross.

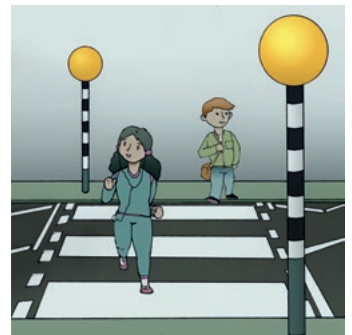
If you come to the kerb and the green man is flashing DO NOT CROSS. It is too late and the lights will soon turn red, and the traffic will start to move.



Zebra Crossings

Zebra Crossings have black and white stripes running across the road and Belisha Beacons at both ends.

When you are standing at the kerb you need to wait until drivers stop before you cross. Keep looking and listening and wait until all the traffic has stopped before you begin to cross. Make sure you walk straight across the road looking and listening all the time.



School Crossing Patrols

During the walk to school you may see a person wearing a high viz coat and carrying a STOP sign on a pole. The School Crossing Patrol are there to help you cross the road safely.

Drivers must stop when they see the School Crossing Patrol holding up their STOP sign. Do not follow them into the road.

The School Crossing Patrol will tell you when it is safe to cross. Always listen to what they say and do not cross until you have been told to.

Always walk in front of them so that they can see you and know you have crossed. Police officers and traffic wardens can also help you cross the road.



My ball has gone under the lorry!

John and his friends are enjoying a sunny Saturday afternoon in John's front garden. They are playing with his football. John kicked his football very hard and it went under a lorry which had stopped in front of the shop to make a delivery.



What should John and his friends do to get his football back?

Circle the correct answer

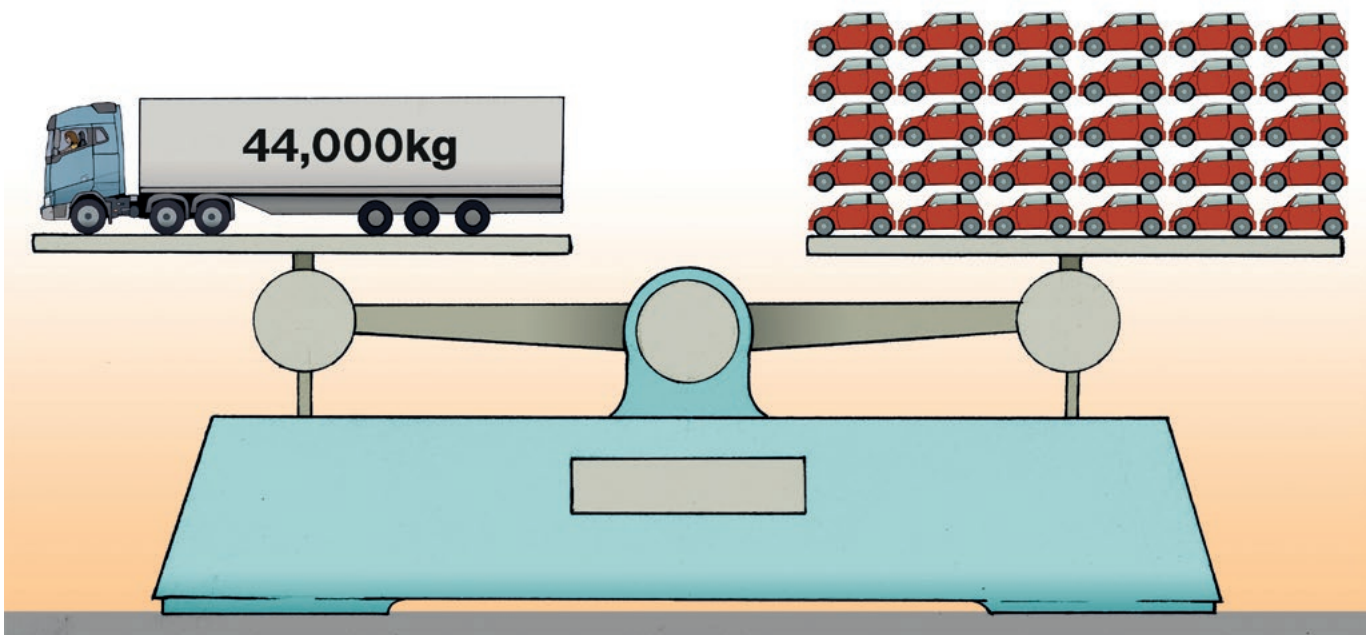
1. John should get the football himself
2. John should ask his friend to get it as he is smaller
3. Ask someone walking past to get their football for them
4. Let the driver know and ask him to help them
5. Ask John's parents to help them to get the ball back for John

Lorry sizes

You need to be really careful while crossing the roads. It helps to know how big lorries are compared to cars and people.

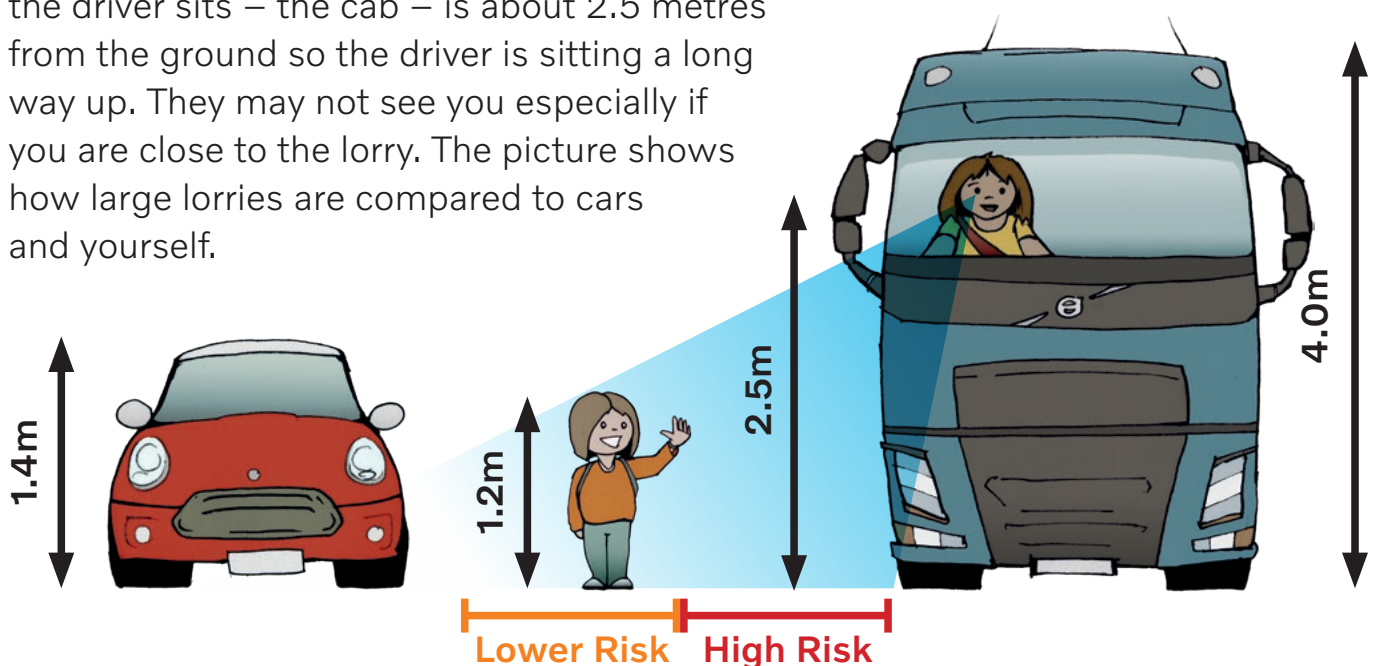
How heavy is a lorry?

Lorries are very heavy and can carry many items at once. A full lorry can weigh 44,000kgs which is the same as 36 small cars or over 1,000 children.



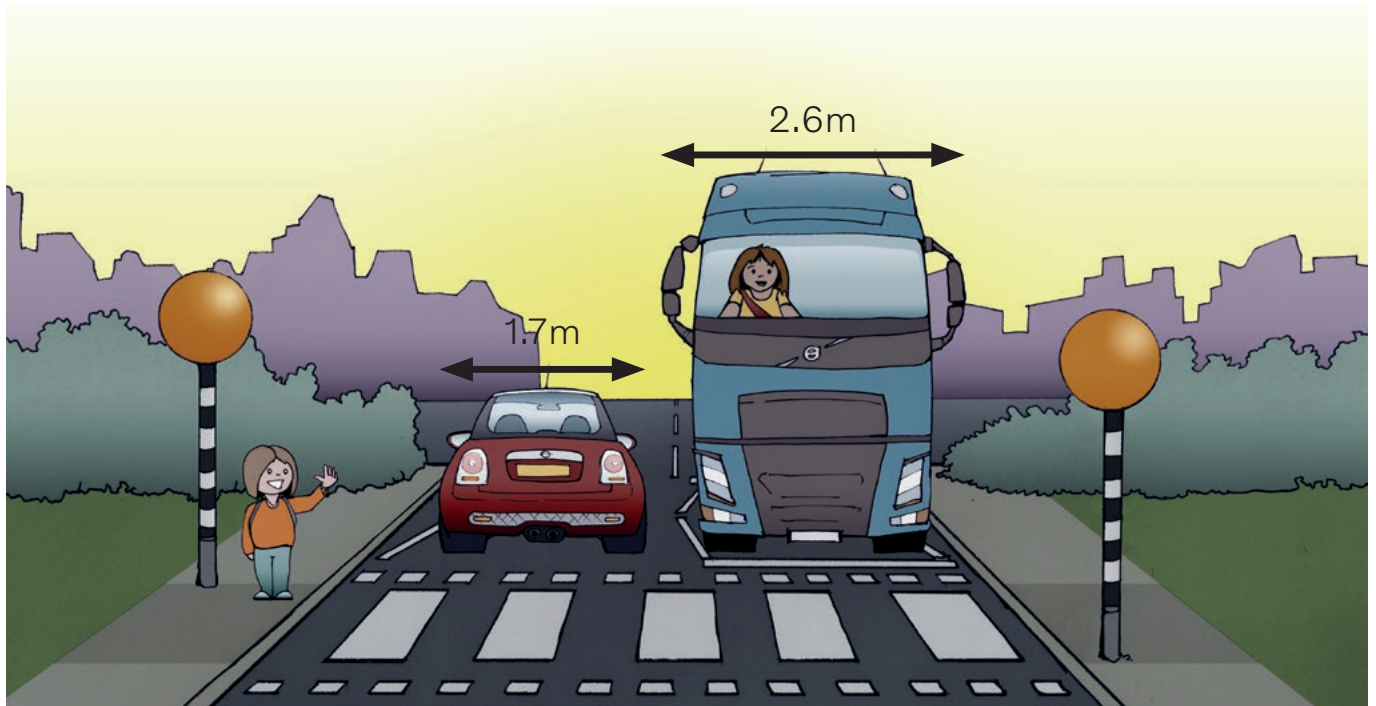
The height of a lorry

A lorry can be over 4 metres tall. The area where the driver sits – the cab – is about 2.5 metres from the ground so the driver is sitting a long way up. They may not see you especially if you are close to the lorry. The picture shows how large lorries are compared to cars and yourself.



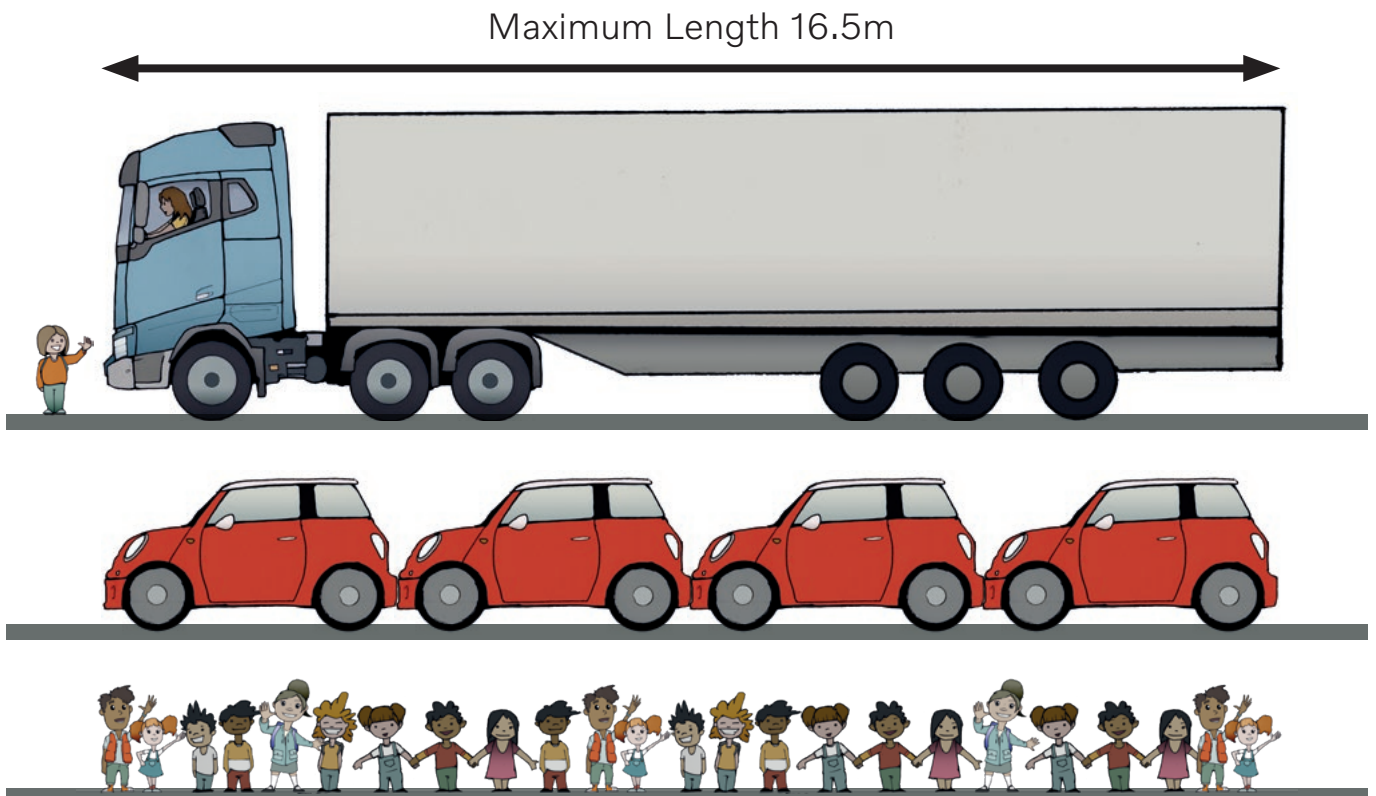
How wide are lorries?

Lorries are much wider than cars. So on narrow roads we need to make sure that we walk away from the kerb and cross at a safe crossing place.



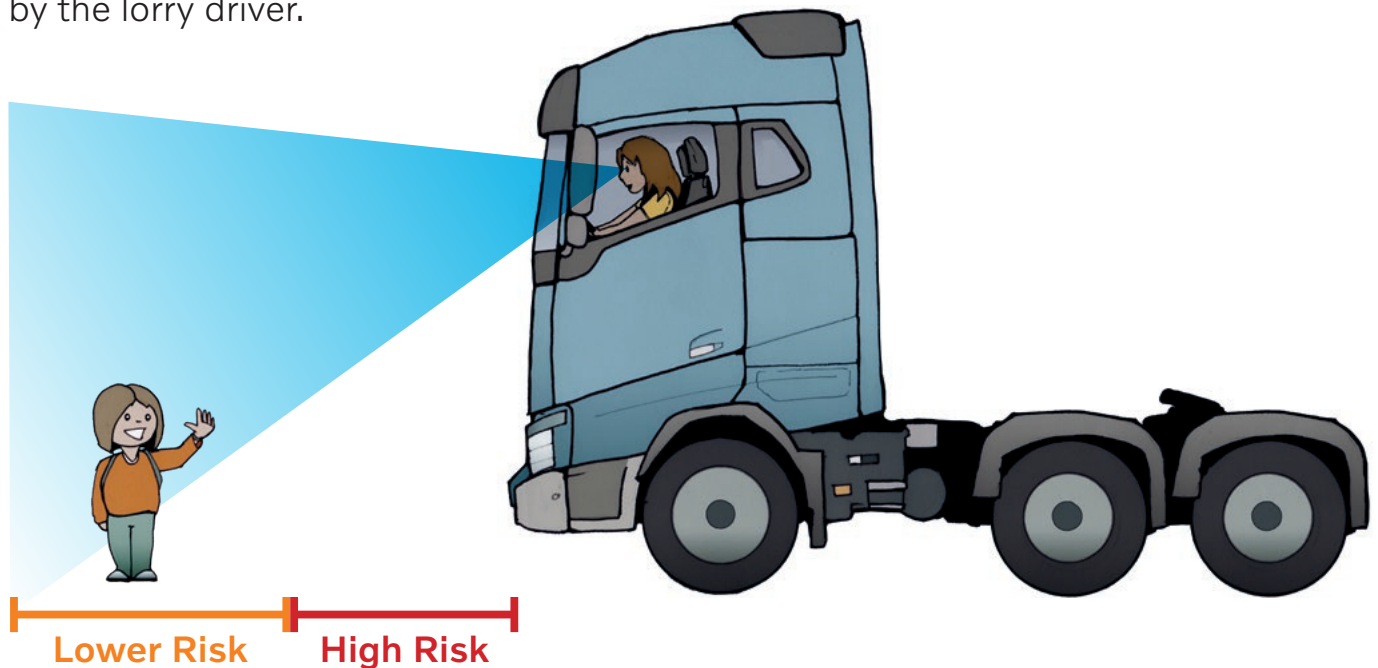
How long are lorries?

Lorries can be very long too. The longest length of a lorry is the same as 4 small cars or 24 children holding hands in a line.



Sight – can you see me?

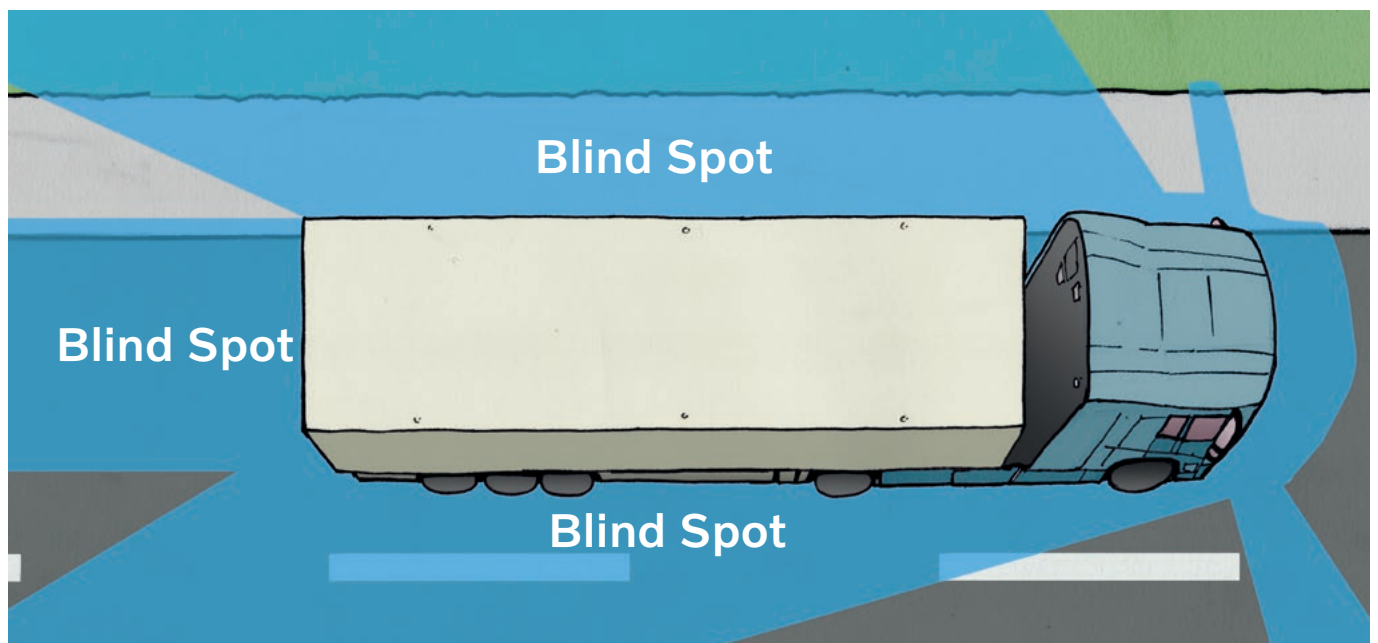
Make sure you can be seen by the lorry driver.



The distance between you and the lorry needs to be over 2 metres so that the truck driver can see you through the windscreen or side windows.

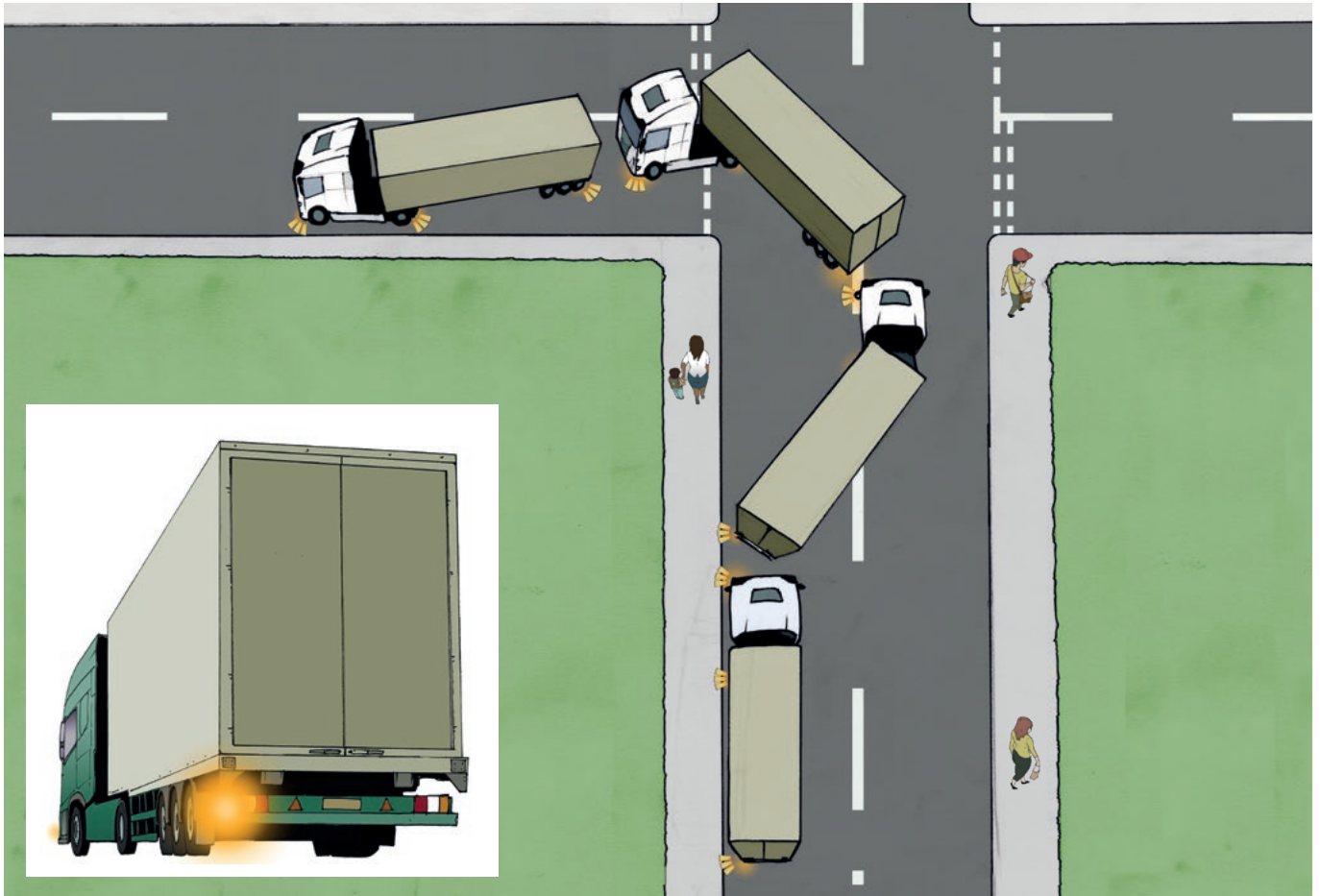
Can you be seen around a lorry?

There are a lot of areas around a lorry where the driver will find it very hard to see you even when they use their mirrors. These areas are called blind spots. In some cases you can be seen in the mirrors but if you look at the picture below all of the blue areas show you where the driver will find it hard to see you.



How much space does a lorry with a trailer need to turn?

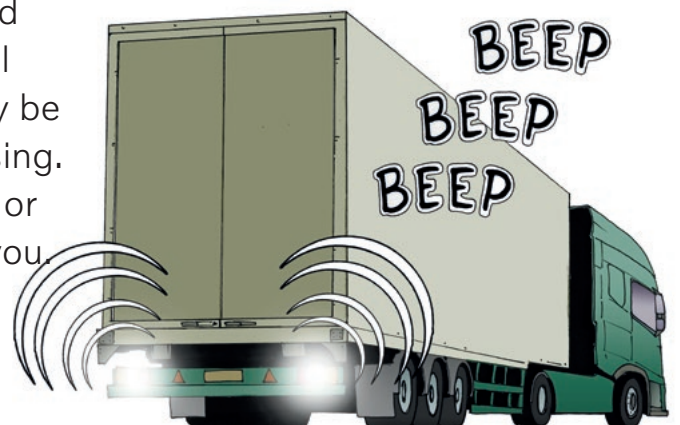
You need to watch out and be careful for lorries when they are turning. The lorry driver signals using the indicator, which are a flashing amber light, to show which way the lorry is turning. It may need to use the other side of the road to make the turn. This means that we need to watch out and wait for the lorry to finish turning in order to be safe.



Reversing lorries

You may also see lorries going backwards, this is called reversing. The driver will have to use their mirrors and will find it difficult to see you. The lorry will be travelling slowly and there will normally be other signs to show that the lorry is reversing. There might be a warning sound, beeping or voice and a white reversing light to warn you.

When you hear a truck reversing, it is very important not to stand or walk behind it. Instead, move away and to the side.



Activity Time

Using the pop-out lorry and road map provided with this workbook try the two short journeys. Make sure that the people around the lorry are safe.

Here are the journeys that you need to make with your lorries:

1. From point A1 to A2
2. From point B1 to B2

Once you have finished, talk to each other about possible dangers that you have noticed on the journeys.

What can you remember?

Answer the following questions, there might be more than one answer!

1. What shape is a warning sign?

- ☐ Circular ☐ Triangular ☐ Rectangular ☐ Square

2. What colour means **MUST NOT** do?

- ☐ Blue ☐ Brown ☐ Red ☐ Yellow

3. What would help you to be seen by a lorry driver when walking and crossing the road?

- ☐ Wear Hi-Vis clothing ☐ Don't try to walk between parked cars
- ☐ Use safe road crossing ☐ Jumping up and down

What else would help you to be seen?

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4. What Crossings can you use to safely cross the road?

- ☐ Zebra Crossing ☐ School Crossing Patrol
- ☐ Pelican Crossing ☐ Daisy Crossing

5. What do you need to remember to do while crossing the road?

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6. How do you know if a lorry is reversing?

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Your Safety Lorry

Design a bright colour scheme for this lorry.



Your Safety Poster

Design your own lorry safety poster.



Things to remember

When it comes to lorries and road safety there is a lot to remember. We hope that you will be able to use what you have learnt today to keep yourself and others safe.

As well as being long, lorries can be very wide and tall too. This makes it hard for drivers to see you, so make sure you are safe and can be seen at all times.

Here are some tips to help you to be safe around lorries.
Share these tips with your friends and family.

- Look out for road signs and find safe areas to cross
- Lorries can be large and heavy
- Make sure the driver can see you
- Listen for lorries travelling around you
- Watch out for lorries turning, look out for their indicators
- Listen for warning signs when lorries are reversing
- Always keep a safe distance to lorries
- Don't play near lorries

**Remember
See and Be Seen**



