Module 2

ROAD SAFETY

IN THE UK DURING & AFTER COVID-19

FREE RESOURCE
for KS3, KS4 & KS5

DORSET & WILTSHIRE FIRE AND RESCUE

Module 2

Contents

Module 1 ESSENTIAL TRAVEL

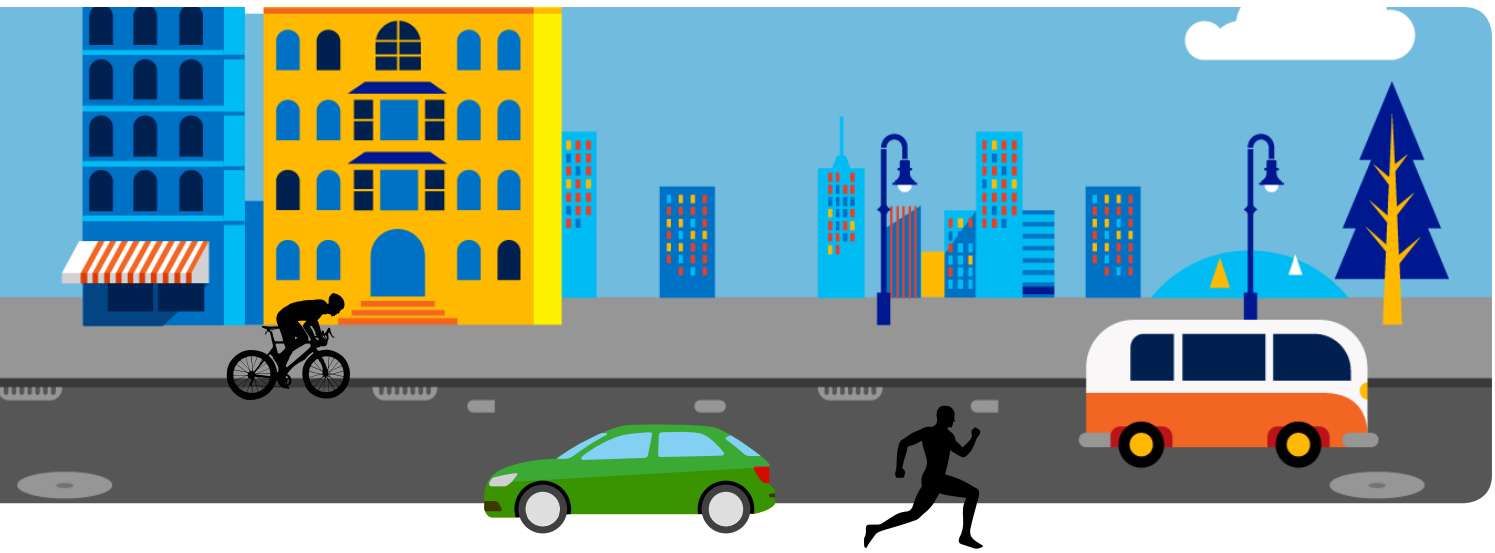
Module 2 DRIVERS

Module 3 PEDESTRIANS

Module 4 2 WHEELERS

DORSET & WILTSHIRE FIRE AND RESCUE

WELCOME BACK TO MODULE 2



JUST A FEW REMINDERS BEFORE WE START

AIMS

This interactive workbook will give you a general overview of the impact Covid-19 will have on the use of our roads and your personal safety

On completion of this workbook you will know:

1. What essential travel means and why it is important
2. What could distract road users in the current climate and the bigger consequences of an incident or injury on the roads
3. The safety measures you can take when making essential journeys and travelling again post lockdown

Throughout this workbook you will be asked to:

COMPLETE
the exercises and activities

SUBMIT
the work set to your teacher at school

CHECK
your learning by taking our quizzes at the end of each module

Due to the overwhelming success of our last module, we have changed how we process the quiz. When you complete it, the suggested answers will come up for you to mark yourself. Be honest and be kind to yourself. If you need some help, ask your teacher or the people you live with. Then take a screenshot with your answers and forward to your teacher or guardian.

DORSET & WILTSHIRE FIRE AND RESCUE

As well as the information in this workbook, your mental health and wellbeing is just as important to us! So, every so often, you'll find a little prompt to take a break with this symbol. Please take the break with the suggestion or something else you enjoy, before carrying on.

Please share what you're doing with us. Perhaps upload a picture of you doing the workbook, taking part in one of our break suggestions or show us your assignment.

@safe_drive_stay_alive
or **@dwfrsroadsafetymanager**

@safedriveDW

Safe Drive Stay Alive Wiltshire
or **Safe Drive Stay Alive Dorset**

or you can contact the Road Safety Manager on **christine.sharma@dwfire.org.uk**

LET'S START OUR SECOND MODULE!

DRIVERS

DORSET & WILTSHIRE FIRE AND RESCUE

In the first module we learned what essential travel is and the important part it plays to help slow the spread of the virus and protect the NHS. Checkout this video by the **World Health Organisation** for a little reminder of the part you can play. ▼

We also looked at the impact a road traffic collision would have on the emergency services and the wider community. This module specifically focuses on the **drivers** making these essential journeys and their passengers.

Again, we don't want you to feel worried about what is happening right now. If you'd like to speak to anyone about anything we touch on in this workbook, please talk to your teacher or the guardian who set this work for you.

If you'd rather chat to someone else, these guys are here for you 24 hours a day by text:

YOUNGMiNDS

CLICK HERE

COMPLETE

Let's begin by thinking about who might be driving on the roads during lockdown. Think back to the essential journeys people can make.

Who might these people include?

List as many people as you can think of and the reason they might be on the road.

Who? Eg. Police Officer	Why? Eg. To drive to and from work, on duty patrols and to respond to the community

The list really is endless isn't it? Keep coming back to it as you think of more.

Now let's consider what might be going through the mind of a driver during the current pandemic.

> **"A pandemic is another way of describing a disease that infects many people at one time."**

Remember what happened to Raj from the first module? The nurse who was driving the car in that incident is Szymon and he's married to Mike. They have an 8 year old daughter called Imogen who suffers with mild asthma. Szymon and Mike are both key workers but can't work from home, so Imogen still attends school so that they can work.

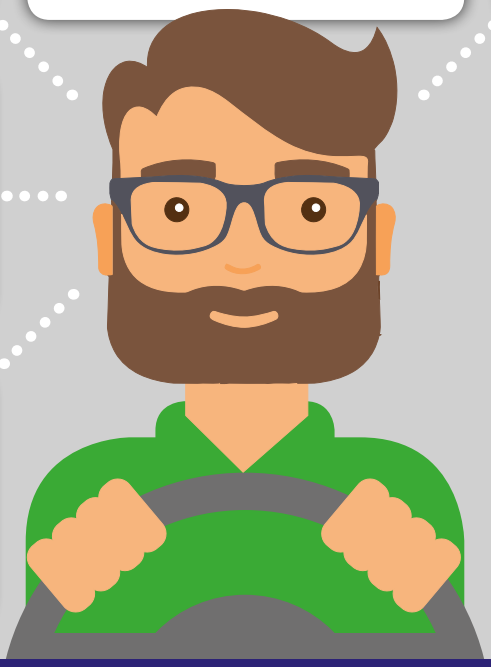
Mike is an HGV driver for a distribution company which supplies fresh produce to supermarkets. Mike works to strict deadlines to make sure that his delivery of fresh food reaches the supermarket, ready for when your community needs it. Before he left for his journey back to the distribution centre, Mike received a call to say his husband had been involved in a road traffic collision and was being taken to hospital. His injuries are not serious, but the car is written off and he now needs to get back in time to pick up Imogen from school. Szymon and Mike are both tired and stressed and had argued about who could collect Imogen before they left for work for this morning.

COMPLETE

DORSET & WILTSHIRE FIRE AND RESCUE

Put yourself in Mike's shoes whilst he his driving back to the depot to drop off his truck and get in his car to collect Imogen from school. He'll be travelling for about 90 minutes.

What might be going through his mind?



Mike has a lot on his mind! **Under all this STRESS how do you think that might affect his driving?**

TAKE A BREAK

Phew! Heavy stuff! Take a break… If it's safe, please pop outside. If not, please open a window. **Close your eyes and sit or stand in a comfortable position. Take 3 deep breaths filling your lungs completely. Breathe in for 3 seconds and breathe out for 7.** Use all of your senses to take in what's happening around you. Your eyes should be closed so start with your ears and concentrate on what you can hear. **Then focus on your nose. Scrunch it up… wiggle… and notice what you can smell.** Maybe you can't taste anything but be conscious of your mouth. If it feels dry, go and grab some water before you come back. **SCAN YOUR BODY—Do you feel tense or tight anywhere?** Consciously relax those parts of your body. **Finish with as many star jumps as you can do in 30 seconds.** Then give your hands a good shake. Ask someone at home to help you by reading out this mindfulness exercise and perhaps film it. **WE'D LOVE IT IF YOU'D SHOW US ON SOCIAL MEDIA.**

@safe_drive_stay_alive
or **@dwfrsroadsafetymanager**

Safe Drive Stay Alive Wiltshire
or **Safe Drive Stay Alive Dorset**

@safedriveDW

Welcome Back

DORSET & WILTSHIRE FIRE AND RESCUE

We are seeing an increase in risky behaviour by drivers like speeding. Why do you think that might be? Could this be because the roads are clearer and so people can take advantage? Or could some drivers be distracted by things like what was going through Mike's mind?

FACT

DISTRACTION IS 1 OF THE 4 MAIN REASONS PEOPLE ARE KILLED OR SERIOUSLY INJURED IN ROAD TRAFFIC COLLISIONS

THE REMAINING 3 OF THE "FATAL 4"

ARE SPEED, DRINK OR DRUGS & NON-USE OF SEATBELTS

hpi

Mobile phones are considered to be one of the biggest causes of distraction. In the current climate, the possibility of a phone call or a text from a loved one might make someone reach for their phone even more.

Here's some more information on other distractions

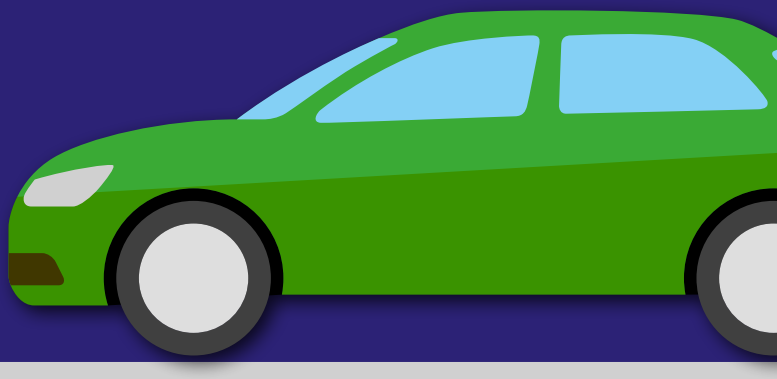
CLICK HERE

We're all under an enormous amount of pressure right now. **Perhaps you couldn't complete your exams, or a member of your family has been 'furloughed'.** Or maybe it's just really difficult with the whole family being stuck indoors with no break from each other. **It's totally natural to feel frustrated right now.**

If DRINK or DRUGS is something that might be affecting your household, you can find support by talking to FRANK

FRANK

So we've considered Mike and his family but let's keep it real. Have a think about the people **YOU** live with and the next journey they take in a car. You may even be a driver yourself.



COMPLETE

DORSET & WILTSHIRE FIRE AND RESCUE

Take a look at the list below and tick the things you think you could do as a driver or a passenger to help at home. Then add any others you can think of:

- Check the tyres are not bald or covered in mud or debris that might make them slip ☐
- Check the windscreen, windows and mirrors are clear ☐
- Be responsible for your own seatbelt ☐
- Help navigate with online maps if needed ☐
- Help entertain younger family members ☐
- Don't show the driver anything on your phone ☐
- Help answer any calls they receive ☐
- Do not mess with their music ☐
- Check all the car lights are working ☐

Remind any drivers at home that with the current MOT Exemption, vehicle checks are EVEN MORE important

If anyone at home needs convincing about the importance of this, show them this film – it should grab their attention.

HM Government

MOT Exemption

From 30 March 2020, MOT vehicle tests will not be required for 6 months.

CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES

Brake
the road safety charity

The road safety charity Brake have this fantastic acronym, FLOWER, to help keep you, your family and the community safe. Again, so important in the current climate to help protect the NHS and save lives.

To visit their website CLICK HERE

DORSET & WILTSHIRE FIRE AND RESCUE

LET'S FINISH WITH SOME CLEVER SCIENCE

The following film by SciShowPsych explains how and why habits form:

WE'VE BEEN FORMING HABITS SINCE WE WERE BORN – SOME ARE GOOD, SOME ARE BAD.

Forming habits is an important thing our brain does naturally, to help keep us safe.

We have all been developing our own habits on how we use our roads over the years. Now however our routines have changed significantly and we haven't been keeping up those good habits. It's really important that we don't lose these, just because the roads are quieter:

1. As mentioned earlier, we're seeing an increase of risky behaviour on the roads at the moment. **Think about what could happen if we become complacent and stopped paying attention to the road.**
2. Think about the drivers who have been developing new driving habits on quieter roads since lockdown. **Will they need to re-adjust as the roads get busier again?**
3. Also think about the drivers who haven't kept up their regular habit of driving. All those people working from home may not have driven for weeks. **How could that have affected their confidence?**

SUBMIT

Choose one of the following assignments and SUBMIT it to your teacher at school:

- Create your own vehicle checklist for the people you live with.
- Submit a video of you washing the cars at home and checking them for their next journey.
- Write a letter or poem to Mike offering comfort and support following the news of his husband.

We'd love to see these assignments too so please share on our social media if you're happy to.

@safe_drive_stay_alive
or **@dwfrsroadsafetymanager**

Safe Drive Stay Alive Wiltshire
or **Safe Drive Stay Alive Dorset**

@safedriveDW

CHECK

CONGRATULATIONS!

You've completed the second module.
Let's see what you have learnt.

CLICK HERE **to complete the quiz.**

Good luck & thank you for helping us all stay safe.

MODULE 2 COMPLETED

Designed by **Jit Design Studio** | 07866 596704 | www.jitdesignstudio.co.uk