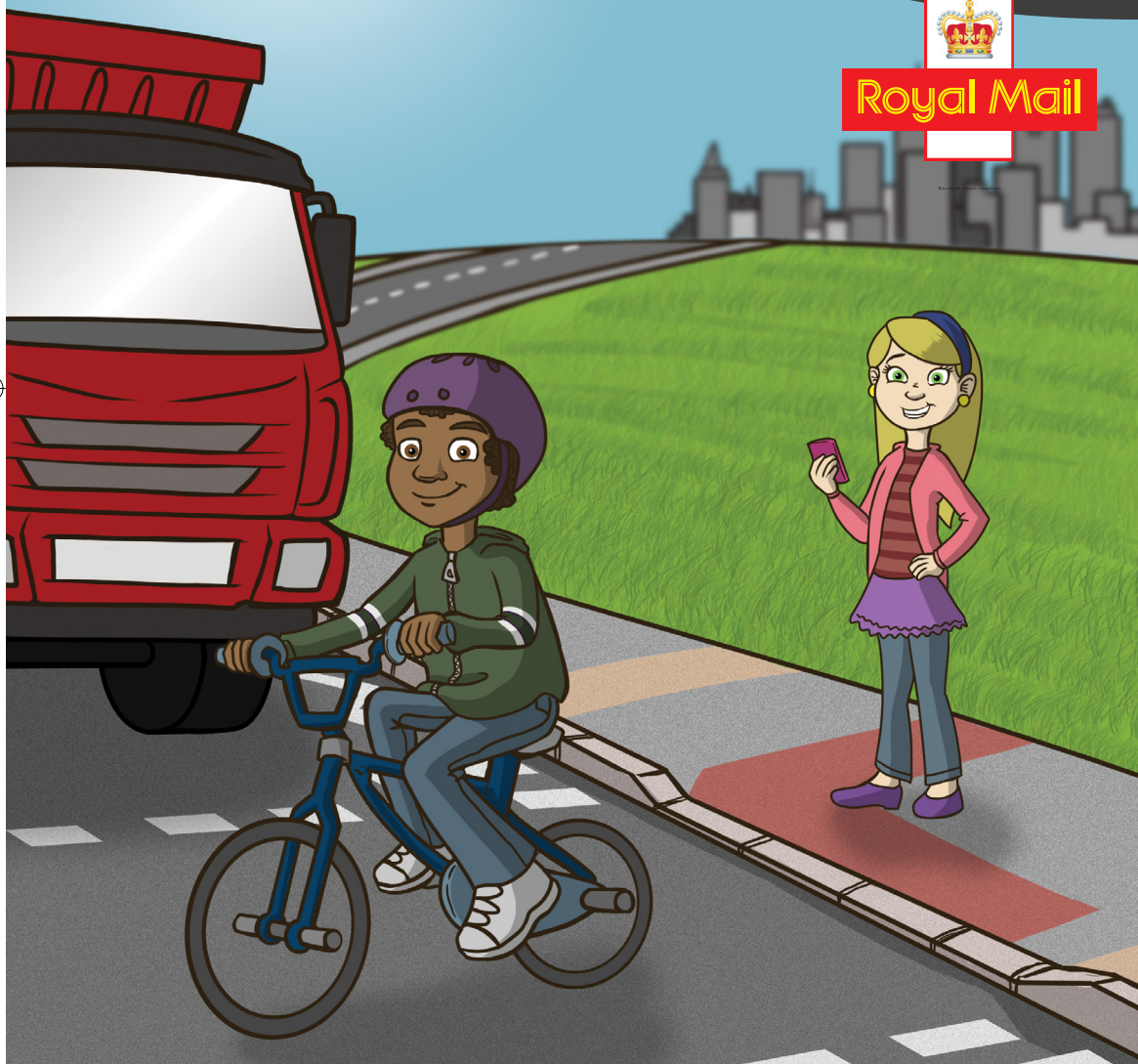


bikes BIG TRUCKS & you

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Royal Mail



THIS WORKBOOK BELONGS TO



Emily

How this works...

This workbook will lead you through a number of activities that will help you to understand how to take care around large vehicles like this truck.

Around the truck are a number of stations where you will spend 5 minutes doing an activity.

Make sure that you record your activities in this workbook so that when you have had a go at all 5 you can get your certificate.

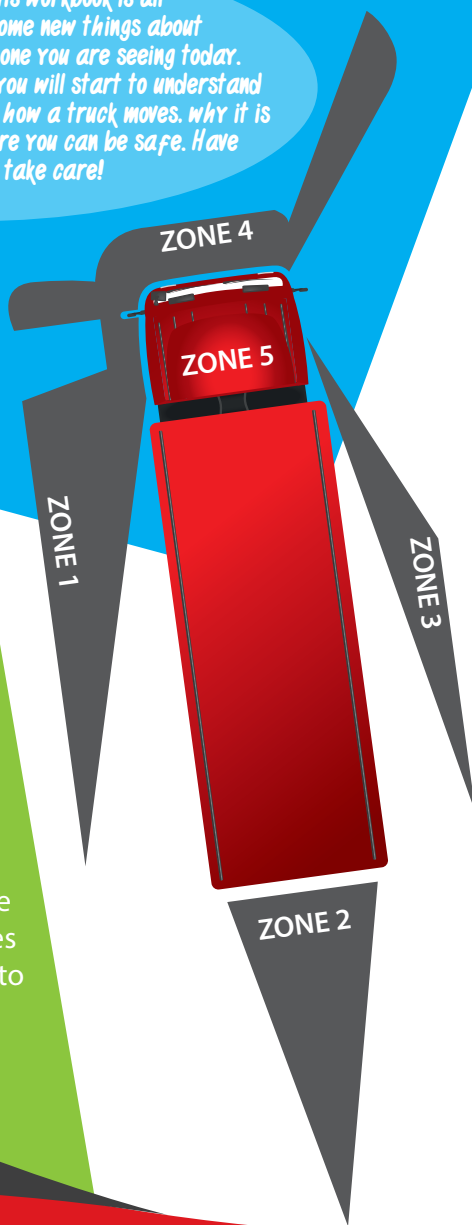
You will be told when it is time to move between activities and where to move to next.

bikes
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& you



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Hi! My name is Emily. This workbook is all about helping you to learn some new things about safety near big trucks like the one you are seeing today. Through 5 activity packed zones you will start to understand what it is like to be a truck driver, how a truck moves, why it is different from a car and where you can be safe. Have loads of fun and take care!



Bikes, Big Trucks & You is proudly supported by Royal Mail as part of our commitment to keeping road users safe. Our vehicles travel millions of miles every year, and the vast majority of our trips are concluded in complete safety, but we are not stopping there. We want to improve the travel options of children for whom cycling and walking are an important part of growing up and knowing how to use the roads around larger vehicles is an important part of keeping them safe.

ZONE 1 ~ VISIBILITY

What's in The Box?

Look in the Zone 1 Box. If you had to choose 3 items to make yourself look visible, which ones would you choose?

Write them in the boxes below:

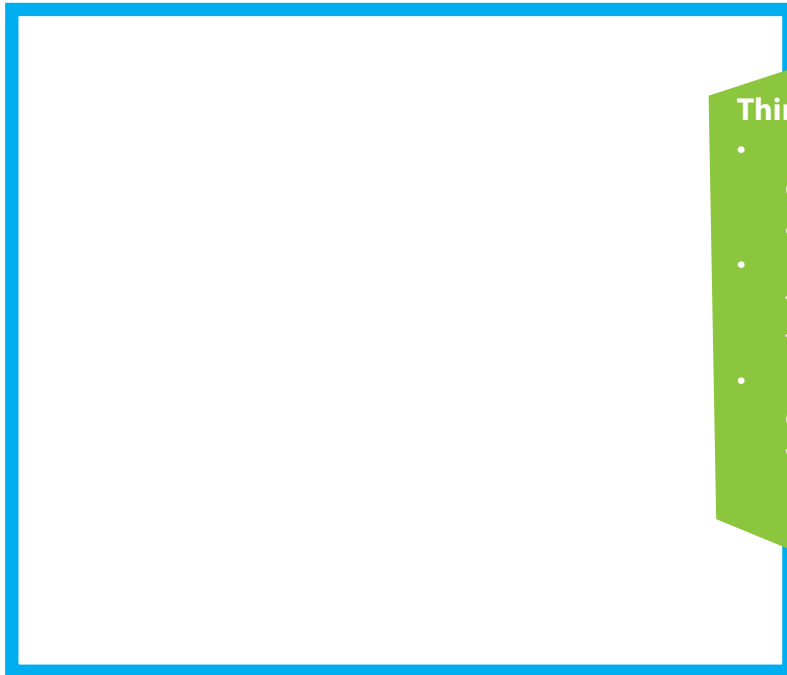
1

2

3



Now draw yourself or a friend with some high visibility items on them:



Think about...

- Being seen in the daytime as well as at night.
- Being seen from the back as well as the front.
- Bags, coats, hats, gloves... any other ways you can help to make yourself visible?

ZONE 2~ MIRRORS



WBI6 RMS

Which country is this number plate from?



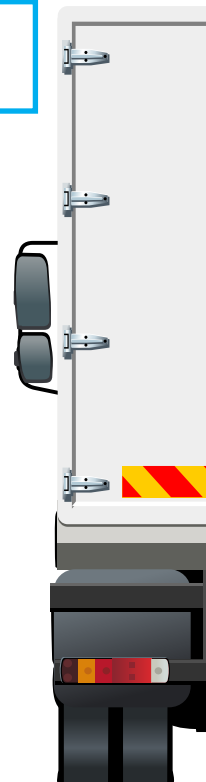
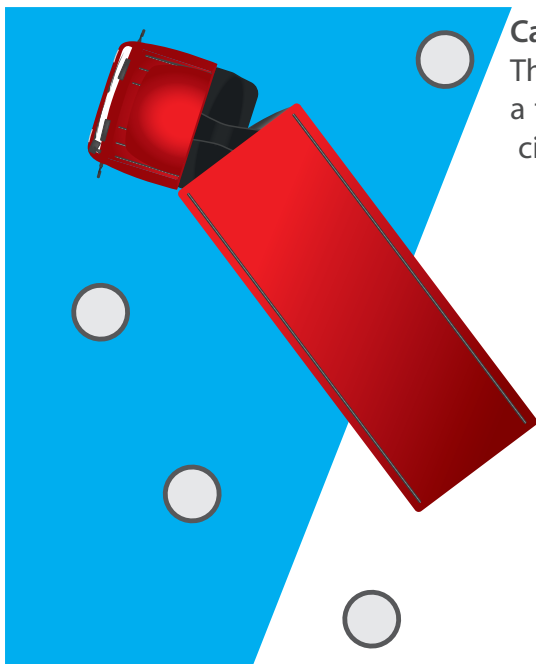
AB-473-AC

Which country is this number plate from?

Number plates can help you to know whether the truck is from abroad. Why do you think that might be important?

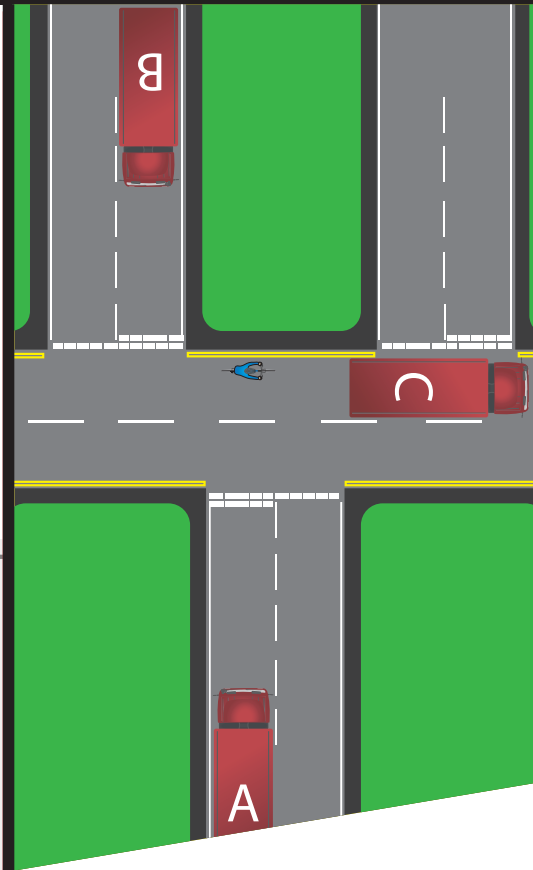
Can you see the driver?

This truck is turning left. Place a tick or a cross in each of the circles to show whether the driver would be able to see you, either through their windows or in their mirrors.



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ZONE 3~TURNING



Turning Corners

On the large play mat, like this one, you need to complete two short journeys in the truck provided. Be careful to stay on the road and not to hit the cyclist.

- 1) From Point A to Point C
- 2) From Point B to Point C

Discuss the following together:

When would pedestrians be in danger?
How easy was it to avoid the cyclist?

Routes

At the bottom of this page there are three routes to get home; A,B and C.

Discuss together and make a list of the things that make a route safe.

The Safest route is:

☐

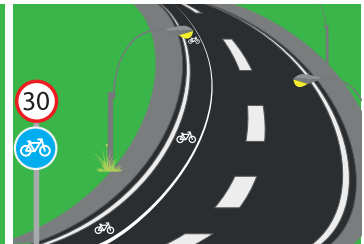
A Miles: 3
Minutes: 30



B Miles: 5
Minutes: 60



C Miles: 4
Minutes: 45



WORKBOOK

ZONE 4 ~ HEIGHT

My height is:

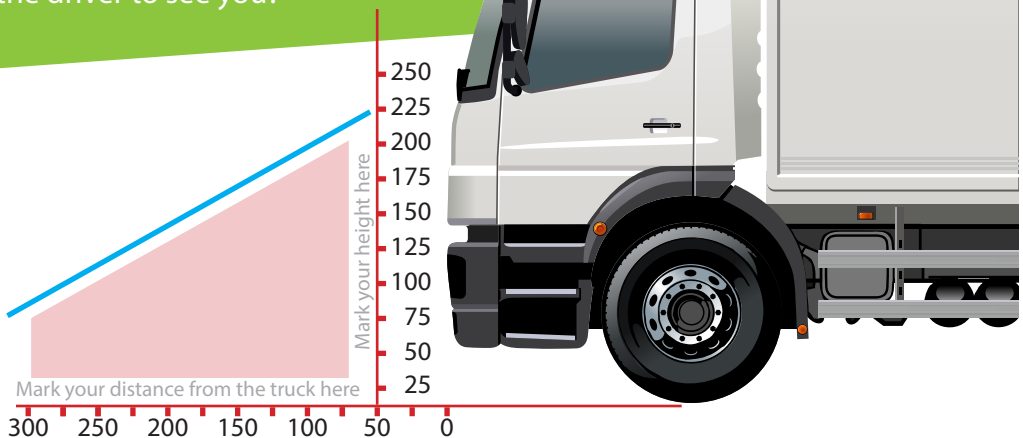
cm

Are you taller or shorter when sitting on your bike?



Can you be seen?

If the front window of the truck is at 240cm, then work out how far in front of the truck you will need to stand. Draw a line where your height crosses the vertical line (axis) out to the blue line. How far away do you need to be for the driver to see you?



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ZONE 5~ VIEW

Now it is your turn!

Your group will have their chance to sit inside the cab of the truck. Wait on the mat for the driver to invite you to climb up.

Can you see others?

Imagine that this is cab of a large truck and you are looking out the front window. You can see 6 mirrors that help you to observe people outside the lorry, which is really important for safety. How many of your classmates can you see? Write a number in each mirror.

Think about it!

How long does it take to check all 6 mirrors?
Did people move while you were trying to count them?
Is there anyone you missed?

In your own words describe how hard you think it must be for the driver to see all around their truck:

WORKBOOK

certificate

This is to certify that:

name:

Has successfully completed
all the activities in the

bikes BIG TRUCKS & you workbook

signed:



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