

SAFETY SQUAD

Today your child has taken part in the RACV Safety Squad with their class. The session covered both safety in the home and on the roads as pedestrians, bike riders and passengers.

We encourage you to role model safety both when at home and when you're out near roads because the example you set is vital and can shape a child's behaviour now and in later years.

Staying Safe while in the car

Make it a rule for everyone to always put on their seatbelts before driving off.

Have children use the 'safety' or kerb side door when getting in and out of the car.



Children should remain in a booster seat until they outgrow it and only move to an adult seatbelt after the age of 7 and they pass the 5 Step Test:

1. The child's back is flat against the seat
2. Their knees bend over the seat edge
3. The seatbelt sits across the middle of shoulder
4. The seatbelt sits low on hips, touching thighs, and
5. The child can sit comfortably for the whole trip.

Staying Safe while crossing the road

- Always Stop, Look, Listen and Think at roads, driveways and in carparks.



- Always cross at a crossing



- Children should walk with an adult up to about the age of 10 or 11. Younger children should always hold hands with an adult when crossing the roads.



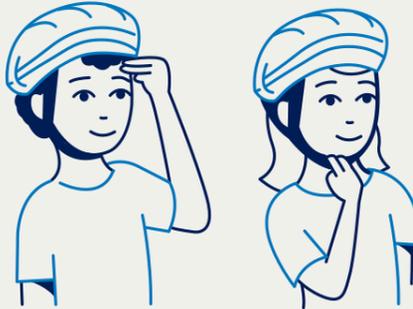
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Did you know?

E-scooter riders must be aged 16 or over and it is illegal to ride an e-scooter on the footpath

Staying Safe while on wheels

- Wear a helmet, bright coloured clothing, and shoes when riding bicycles, scooters, skateboards, and rollerblades.
- To get a good helmet fit, use the two-finger rule – 2 fingers above the eyebrow and 2 fingers inside the chin strap.



Safety at home

- Helping children to make safe choices no matter where they are is important.
- Discuss with children the hazards around the house, backyard, and driveway and how you can stay safe as a family.
- Driveways can be hazardous. Create safe play areas away from driveways and always supervise children closely.

Be aware

There are blind spots all around vehicles. Take care in driveways, including when driving forward as well as reversing



How safe is my place?

Take the RACV Neighbourhood Watch free quiz to assess the security of your home visit [howsafeismyplace.com.au](https://www.racv.com.au/how-safe-is-my-place)