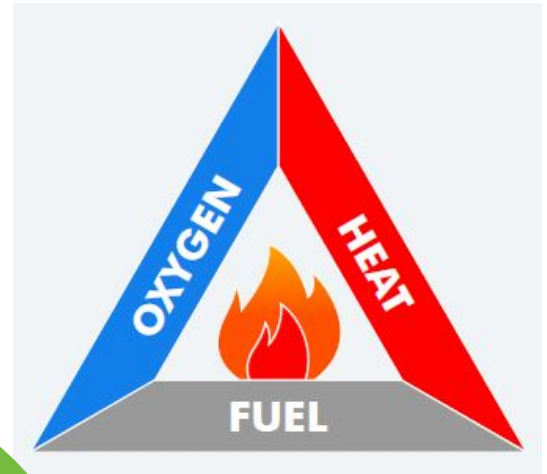


Health science

Study guide - unit 7 -Road and fire safety

Fire safety

Fire is a chemical reaction that produces bright light, heat and smoke. Fire is very useful for human life. Although useful, if not controlled properly it can also be very dangerous. An out of control fire can cause damage to buildings, nature and humans. Knowing how to safely use, control and extinguish a fire is an important skill.



Fire triangle

There are many different types of fires. However, all fires need three different elements to start.

Without oxygen, no matter how hot an object gets, it will not burn.

If the fire is too big, call 997 for the civil defence

Fire extinguishers are used to control small fires. They do this by removing one of the three elements.

How to Properly Use a Fire Extinguisher



While the specifics may vary depending on the model you own, most fire extinguishers operate the same basic way. Stand six to eight feet away from the fire and remember to **PASS**:

PULL



1. Pull the pin at the top to break the tamper seal.

AIM



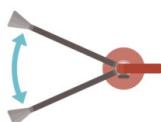
2. Aim the extinguisher low, pointing the nozzle at the base of the fire. Do not aim at the flames themselves.

SQUEEZE



3. Squeeze the handle to release the extinguishing agent.

SWEEP



4. Sweep the extinguisher from side to side, continuing to aim at the base of the fire until it appears to be out.

Symbols found on fire extinguishers & what they mean

Wood, paper & textiles
Flammable liquids
Flammable gases
Electrical contact
Cooking oils & fats



	Water	Foam spray	ABC powder	Carbon dioxide	Wet chemical
Wood, paper & textiles	✓	✓	✓	✗	✓
Flammable liquids	✗	✓	✓	✓	✗
Flammable gases	✗	✗	✓	✗	✗
Electrical contact	✗	✗	✓	✓	✗
Cooking oils & fats	✗	✗	✗	✗	✓

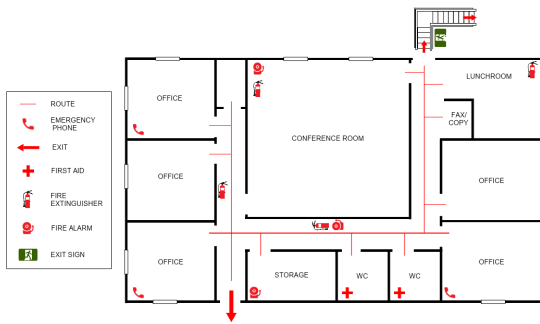
Assembly points

In the event of an emergency, such as a fire, it is important to evacuate the area immediately. Whatever the danger is, you need to move quickly and safely to an assembly point.

Large buildings such as offices and schools need a safe place for people to go to during an emergency.



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Once at the assembly point, checks can be made to see that everyone who was in the building got out safely.

This is why it is important to take an attendance register in your school or workplace.

This information helps the authorities know who has made it to the assembly point and who has not. People who haven't got to the assembly point may still be inside and need help.

When choosing an assembly point consider the following:

The location

Fires can cause explosions or the building to collapse. The assembly point needs to be a safe distance from the building.

The size of the space

The assembly point needs to be big enough for all of the people in the building.

Accessibility

Emergency services need clear access to the area. People need to be able to reach the area easily.



Road traffic safety

Road traffic safety aims to prevent road users being killed or seriously injured while travelling on public roads.

Road users are not only cars drivers, they include anybody who uses roads, for example pedestrians, cyclists, motorcyclists, vehicle passengers, horse riders, and passengers of public transport.

Increasing road traffic safety

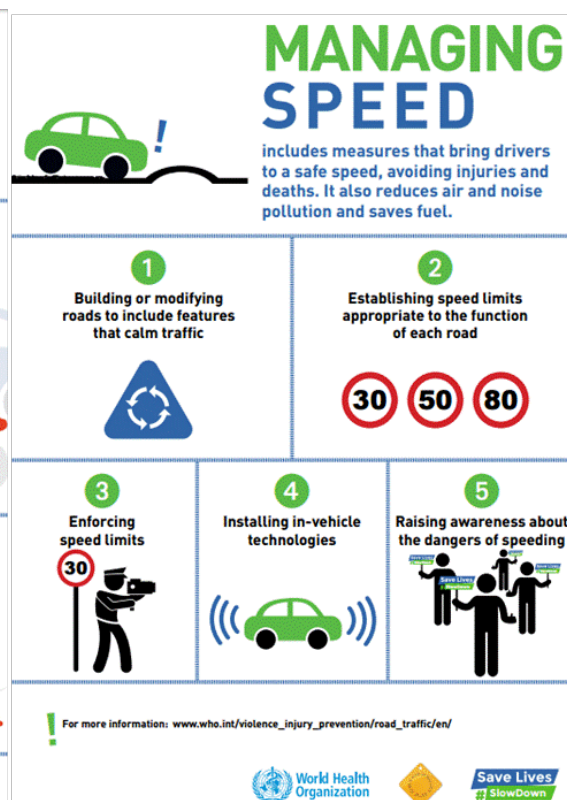
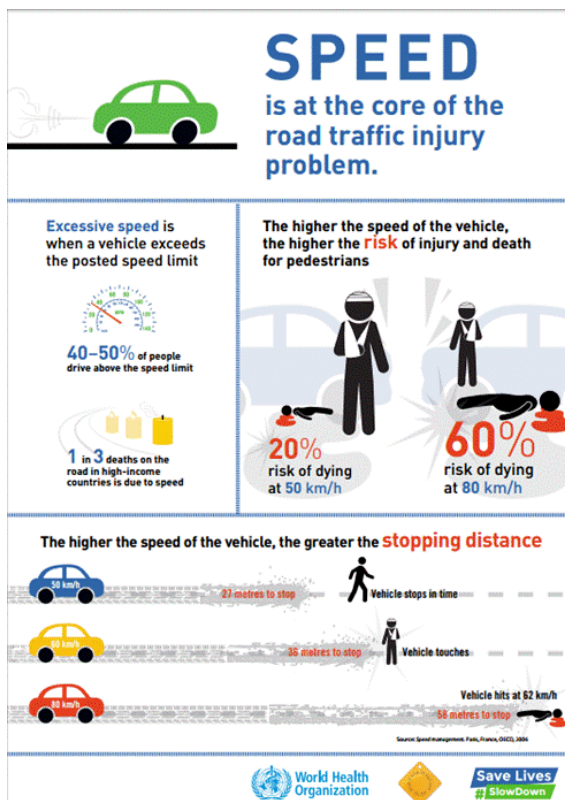
In the United Arab Emirates, the government has created different strategies to improve road safety including:

- Speed management measures
- Educating road users
- Protecting pedestrians and cyclists
- Laws to protect car drivers and other road users



Worldwide statistics

- Road traffic accidents cause the deaths of around 1.35 million people each year and injure up to 50 million more
- Road traffic injuries are the leading cause of death for children and young adults aged between 5-29 years.
- Males under the age of 25 are 3 times more likely to be killed in a road traffic crash than females
- Harm from road traffic crashes is greater than that from all other forms of transportation combined (air, sea, rail, off-road)



According to government statistics, the top 7 causes of road accidents in the UAE are:

1 Sudden swerving/lane changing	Moving without signal or checking if it's clear
2 Driving without keeping a safe distance (tailgating)	If a car is following another too closely, there is not enough time to stop if the driver in front brakes suddenly
3 Dangerous driving	Includes speeding, running red lights, cutting people off or passing illegally
4 Entering a road without checking that it is clear	Can include joining a highway without checking for traffic, or turning into a street when there are cars coming
5 Lack of attention	Using a mobile phone or being distracted while driving
6 Not following the road lanes	Driving between two lanes or driving on the wrong side of the road
7 Reversing in a dangerous way	Reversing without checking what is behind the car

Around 2 people are killed and 18 are injured on UAE roads every day



Who causes more accidents?
Males - 90%
Females - 10%

2 out of 3 people killed in road accidents in Abu Dhabi were not wearing seatbelts



only **63%**
'always' buckle up on the driver seat

only **52%**
'always' buckle up on the front-passenger seat

only **7%**
'always' buckle up on the back seat (in taxis, limos, in friends' cars, etc.)

only **34%**
of young drivers ask their passenger 'always' to buckle up

only **29%**
'never' use their mobile phone while driving

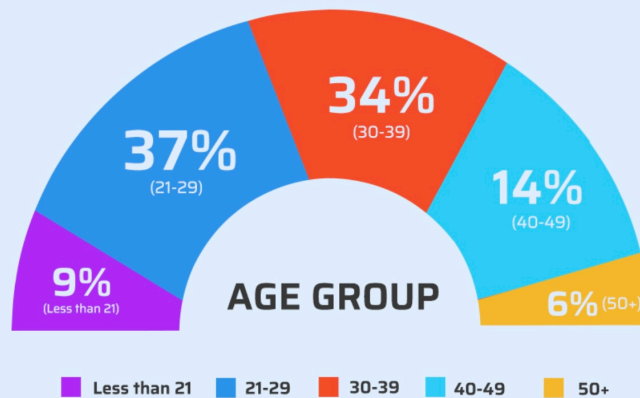
only **56%**
'always' use their indicator

72%
claim 'running late' as reason for speeding

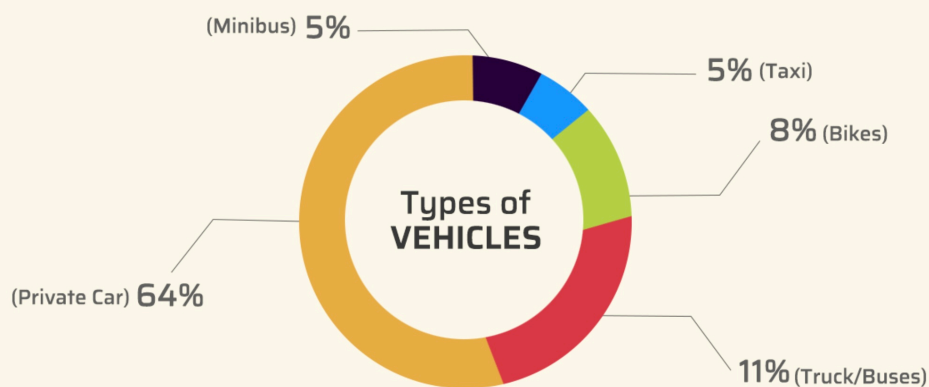
55%
claim 'showing off/ to impress others' as reasons for speeding

53%
claim 'I know the radar locations' as reasons for speeding

Who Causes more Car Accidents (Age Group)



Types of Vehicles Involved in More Road Accidents



Seatbelts are designed to keep people in their seats during a crash. If people do it wear a seatbelt, they might hit the steering wheel, dashboard or even go through the window. This could cause serious injury or death.

Modern testing has found that wearing a seatbelt reduces the risk of injury during a crash by up to 63%. It also found that it reduces deaths by 50%.

Infants (babies) and children are the people most at risk during a car accident.

A child in the back of a car, without a seatbelt, has very little chance of surviving a crash.

The most dangerous place is the middle of the back seat where, in most cases and even at low speeds, the child will be thrown into the front window.

It is possible for the child to go right through the window and land outside of the car.



UAE law
Everyone must wear a seatbelt

SPEEDING OVER SPEED LIMIT

More than 80 KPH
(Over speed limit)

Dh3,000, 23 traffic points and confiscation for 60 days

More than 60 KPH
Dh2,000, 12 traffic points and confiscation for 30 days

Less than 60 KPH
Dh1,500, 6 traffic points and confiscation for 15 days

Less than 50 KPH:
Dh1,000

Less than 40 KPH:
Dh700

Less than 30 KPH:
Dh600

Less than 20 KPH:
Dh300

RECKLESS DRIVING

Driving a vehicle in way endangering the lives of road users.
Dh2,000, 23 traffic points and confiscation for 60 days

Driving a vehicle without number plates
Dh3,000, 23 traffic points and confiscation for 90 days

Sudden swerving
Dh1,000 and 4 traffic points

Blocking traffic
Dh1,000 and 6 traffic points

Jumping red signal
Dh1,000, 12 traffic points and confiscation for 30 days

DRIVING UNDER INFLUENCE

Driving a vehicle under the influence of alcohol
A maximum fine of **Dh20,000** and/or a jail term to be decided by court, 23 points and confiscation for 60 days

Driving under the influence of drugs or similar substances
Fine and jail term to be decided by court, confiscation for 60 days, suspension of license for one year after end of jail term

DISTRACTIONS

Using phone while driving or any other distraction
Dh800 and 4 traffic points

SAFETY AND TECHNICAL

Failure to fasten seat belt while driving
Dh400 and 4 traffic points

Expired tyres
Dh500, 4 traffic points and confiscation for 7 days

Driving without valid insurance/registration
Dh500, 4 traffic points, confiscation for 7 days

Exceeding permitted level of 50 per cent car window tinting
Dh1,500

Driving noisy vehicle
Dh2,000 and 6 traffic points

Transporting passengers illegally
Dh3,000, 24 traffic points and confiscation for 30 days

BEHAVIOUR

Throwing garbage when driving
Dh1,000 and 6 traffic points

Using quad-bike on road
Dh3,000 and confiscation for 90 days

Jaywalking
Dh400

Not leaving safe distance between vehicles
Dh400, 4 traffic points

Overtaking on the hard shoulder
Dh1,000 and 6 traffic points



Rear-Facing Car Seat

Birth to at least 2

Keep your child rear-facing as long as possible or until they reach the recommended height & weight limit of that seat**.



Forward Facing Car Seat

Age 3 to at least 6

Keep your child in a forward-facing car seat with a harness and tether for as long as possible or until they reach the recommended height & weight limit of that seat**.



Booster Seat

Age 4 until seat belts fit

Use a booster seat until seat belts fit properly. Recommended height for proper seat belt fit is 4 feet 9 inches.



Seat Belt

Seat belts fit properly

When the lap belts lay across the upper thighs & the shoulder belt lays across the chest.

**Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of child car seats.

**Height & weight limit of the seat is indicated as provided by the manufacturer.

Children under 10 years of age are not allowed to sit in the front seat of a car

Car seats must be used for children under 10

Recent studies have shown that using child safety seats or booster seats can reduce the risk of death in a crash by 70% to 80% for small children and babies.