

# Glossary of key words

| Word                     | Form        | Definition  |
|--------------------------|-------------|---|
| سلوك<br>behaviour        | اسم<br>noun | الطريقة التي يتصرف فيها شخص ما تجاه الآخرين<br>the way someone acts or behaves towards other people   |
| حملة / جماعة<br>campaign | noun        | سلسلة من الأحداث المخطط لها والتي يعمل فيها الناس بطريقة منظمة نحو تحقيق هدف<br>a series of planned events, in which people work in an organised and active way towards achieving a goal          |
| شرط<br>condition         | noun        | الطريقة التي يكون بها شيء ما / طريقة عمله<br>the way something is or how it works   |
| دراج<br>cyclist          | noun        | المشخص الذي يركب الدراجة<br>a person who rides a bicycle  |
| تضيقه<br>decrease        | فعل<br>verb | لجعل شيئاً ما أصغر في الحجم<br>to make smaller or less in size  |
| مسافة<br>distance        | noun        | طول المسافة بين نقطتين<br>the length of the space between two points  |
| فلاش<br>flash            | verb        | تبريقك بشكل مفاجئ لفترة قصيرة، مثلًا تنبهك إشارة سيارة الجاهل مثلًا.<br>to shine suddenly and usually brightly, but only for a short time, e.g. to flash your car headlights to signal to someone |
| حادثة<br>incident        | noun        | حادثة خطيرة مثل حادث<br>a serious or violent event, e.g. an accident  |
| مؤشر<br>indicator        | noun        | إشارة تُبهرك لحدوث شيئاً ما.<br>a sign that shows something is happening  |
| طفل<br>infant            | noun        | طفل صغير<br>a baby or very young child  |

| Word                        | Form      | Definition   |
|-----------------------------|-----------|--|
| مبادرة<br>initiative        | noun      | خطة جديدة للتعامل مع مشكلة ما<br>a new plan to deal with a certain problem   |
| معدل الوفيات<br>mortality   | noun      | معدل الوفيات بشكل كبير<br>death, especially on a large scale   |
| سائق<br>motorist            | noun      | الشخص الذي يقود المركبة<br>a person who drives a vehicle   |
| ركاب<br>passenger           | noun      | الأشخاص الذين يركبون المركبة ولا يقودون المركبة<br>a person who is travelling in a vehicle, but is not driving   |
| المُشاة<br>pedestrian       | noun      | الأشخاص الذين يمشون الشارع مع أقدامهم<br>people who are walking in the street and not using transport  |
| علم النفس<br>psychology     | noun      | هو العلم الذي يهتم بفعل الإنسان<br>the scientific study of the human mind and its functions  |
| المتحكم عن بُعد<br>remote   | adjective | المتحكم بالأشياء من أماكن بعيدة<br>far away from places where other people live  |
| المسؤولية<br>responsibility | noun      | واجب التعامل مع حالة ما أو العناية بها إذا حدث خطأ ما قد يتم اللوم عليك<br>a duty to deal with or take care of a situation; if something goes wrong, you may be blamed |
| القيود<br>restrict          | verb      | لمنع شخص أو شيء ما من التحرك أو التصرف بحرية<br>to stop someone or something from moving or acting freely  |

لا يعد القضاء اطلقاً بالقلب، تسبب الحوادث المرتبطة بالحركة المرورية بارتفاع معدل الوفيات في الامارات و هي أيضا السبب الرئيسي في هجمات وفيات الرضع. مع الرغم من ان الحكومة قامت بالكثير، إلا أنه لا يزال الكثير الذي يمكننا القيام به للتقليل من هذه الأرقام المزعجة.

## 5.1 The need for road traffic safety in the UAE

### Road traffic safety in the UAE

After heart-related issues, road-traffic-related accidents cause the most deaths in the UAE. Road traffic accidents are also the main cause of infant mortality cases in the UAE. Although a lot has been done by the government, there is still a lot we can do to decrease these alarming numbers.



#### Activity



### Activity 1: Case study

Listen to your teacher as they read the following road-traffic-accident case:

In 2009, one of the worst pile-ups in history occurred in Germany. The incident took place on a busy highway between Hanover and Peine. That day there was heavy rain. Police believe the incident was caused by wet weather conditions and speeding.



There were approximately two hundred and fifty-nine cars involved. This awful incident left ten people with life-threatening injuries. Sixty people were left with serious injuries. Fortunately, no one died in the pile-up. The rescue services responded very quickly to the incident. They provided medical assistance to the injured people throughout the night.

#### What's the question?

There are five questions on the next page. Your teacher will shout out an answer to one of the questions. Match the answer to the correct question.

في عام 2009 حدث حادث في ألمانيا على الطريق السريع بين هانوفر و بين بيبين بسبب الأمطار الغزيرة والسرعة.

كان هناك ما يقارب 259 سيارة متضمنة الحادث. تم ترك 60 شخص بجروح خطيرة ولقد الحظ لم يمت أحد منهم

أمثلة  
Example:

Teacher - The answer is 2009.

الجواب - في عام 2009

Student - The question is, what year did the incident take place?

السؤال - في أي عام وقع الحادث؟

List of questions:

- Where did the incident take place? *أين وقع الحادث؟* on the highway between Hanover and peine (Germany) *على الطريق السريع بين هانوفر وبيسين في ألمانيا*
- How many people were left with serious injuries? *كم شخص بقي بجروح خطيرة؟* 60 person
- What did the rescue workers provide throughout the night? *ماذا قدمت خدمات الإسعاف؟* They provide medical assistance to the injured people *قدموا الخدمات الطبية اللازمة للجرحى*
- What caused the incident? *ما هو سبب الحادث؟* Because of the weather (heavy rain)

These type of incidents can happen anywhere in the world, even here in the UAE. All road users in the UAE have a responsibility to keep the roads safe. This can be done by following the rules of the road. Drivers should follow the correct speeds and pay attention at all times.

*\* هذا النوع من الحوادث ممكنة أنه يحصل في أي مكان هنا في الإمارات . على جميع السائقين تحمل المسؤولية لجعل الطريق آمن ، وهذا باستيعاب التعليمات والانتباه دائماً .*



## 5.1 The need for road traffic safety in the UAE

أسباب وقوع الحوادث:

### Causes of road accidents

According to recent police polls, these are the main causes of accidents in the UAE:

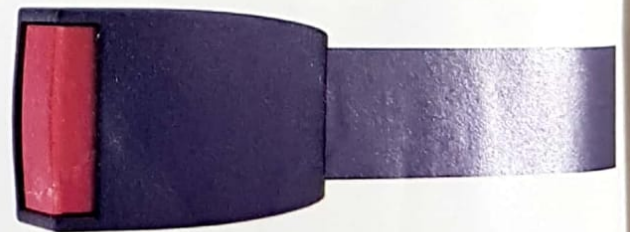
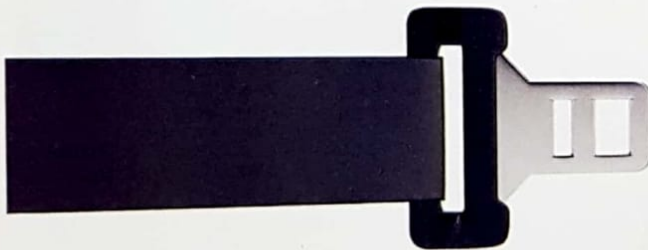
- Sudden swerving/lane changing  
تغيير مفاجئ للمسار
- Entering the road without checking if it is clear  
دخول الطريق دون التحقق من عدم وجود سيارات
- Not enough distance from the car in front  
عدم وجود مسافة كافية من السيارة من الأمام
- Misjudgement  
سوء التقدير
- Speeding  
السرعة
- Lack of attention  
انعدام الاهتمام
- Jumping a red light  
قطع الضوء الأحمر (الإشارة)



#### Remember:

The largest number of deaths in traffic accidents are due to not wearing a seat belt.

العدد الأكبر من وفيات الحوادث يسببه عدم وضع حزام الأمان.



## 5.1 The need for road traffic safety in the UAE

### What can be done?

Activity



#### Activity 3: Pair work

عاجز الطرق التي يمكن أن تقلل من الحوادث:-

In pairs, discuss all the strategies that are in place to help prevent road traffic accidents. Record your ideas below.

- \* Reduce speed ..... تقليل السرعة
- \* Follow the instruction ..... اتباع التعليمات
- \* Leave enough distance between cars ..... ترك مسافة كافية بين السيارات

What could you do to improve the situation?

ما الذي يمكنك القيام به لتحسين هذا الوضع؟

- \* Spread awareness through lectures ..... نشر الوعي من خلال المحاضرات
- \* Advertising ..... الإعلانات

Be prepared to share your ideas with the class.

نشاط

The best action any nation can take is to raise awareness. It's important to educate people on topics, such as:

- why they should wear a seat belt.
- the dangers of speeding.
- the dangers of using a phone while driving.

The UAE government is doing a lot to raise awareness about such issues. Every year, we see encouraging figures that show the campaigns are working. Hopefully, the lessons you learn here in school will help support these road-safety messages.

أهمية استخدام حزام الأمان

## 5.2 The importance of using a seat belt

في عام 1996 تم إصدار قانون يلزم استخدام حزام الأمان للمقاعد الأمامية. بعدها في 2017 أصدرت الحكومة قراراً يلزم ربط حزام الأمان للركاب في المقاعد الخلفية أيضاً.

### The UAE and seat belts

In 1996, a law was passed for people in the UAE to wear seat belts in the front of a vehicle. Since then, the only thing that has changed is that children under the age of ten cannot sit in the front seat. In 2017, the government passed a new law. This law states that both passengers and drivers face fines if they don't wear a seat belt.



Recently, a hospital in Al Ain did a study into deaths caused by road traffic accidents. The study found that 98% of those who died or were seriously injured had not been wearing a seat belt. مؤخرًا، قامت مستشفى العين بدراسة حول أسباب الوفيات وكانت أغلبها 98% منها بسبب الحوادث وعدم ربط حزام الأمان.

Activity



### Activity 6: Pair work

لماذا ترفض الناس وضع حزام الأمان

In pairs, discuss the reasons why people refuse to wear a seat belt. Record your answers below.

1. short trip you don't need it ..... الرحلة قصيرة لا تحتاج
2. sit in the back seat ..... الجلوس في المقعد الخلفي
3. Un comfortable ..... غير مريح
4. Damage clothes ..... يفسد الملابس

Be prepared to share your ideas with the class.

### Seat belt facts

لتم تصميم أحزمة الأمان لإبقاء الأشخاص على مكانهم أثناء التصادم. إذا لم يتوصّلوا بوضع الحزام فهذا الشيء قد يؤدي إلى خروجهم من الزجاج الأمامي في حال حدوث حادث.



For Life

Seat belts are designed to keep people in their seats during a crash. If people do not wear a seat belt, they might hit the steering wheel, dashboard or even go through the windscreen. This could cause a serious injury or death.

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\* أن نسبة الاختبارات الحديثة أنه ارتداداً أهزلة الأمان يقلل من خطر الانسياق بنسبة تصل إلى 63% و يقلل من الوفيات بنسبة 50% . في حال حدوث تصادم، ذلك لا يضع الحزام قد يُرمى منه الزجاج

Modern testing has found that wearing seat belts reduces the risk of injury during a crash by up to 63%. It also found that it reduces deaths by 50%. In a crash, a back-seat passenger who is not wearing a seat belt can be thrown forward with enough force to kill the person in front of them.

### Seat-belt statistics

78%  
 نسبة الأشخاص الذين يضعون الحزام بالسيارة في الإمارات  
 Percentage of front-seat passengers who wear seat belts in the UAE

40-50%  
 تقلل نسبة حدوث وفيات لمن يجلسون في المقاعد الأمامية  
 Reduced risk of fatality among front-seat passengers wearing a seat belt; risk reduction for back-seat passengers is between 25-75%  
 تقلل نسبة حدوث وفيات لمن يجلسون في المقاعد الخلفية

5%  
 نسبة الأشخاص من الذين يضعون الحزام بالمقاعد الخلفية .  
 Percentage of back-seat passengers who wear seat belts in the UAE

According to the World Health Organisation (WHO) estimates for 2011

Activity



### Activity 7: Video – Julie knew her killer

نشاط 7

Watch the video about wearing a seat belt in the back of a car. Discuss who wears a seat belt in the back seat of a car with the class. Share your views on this topic. If you do not wear a seat belt, has the video changed your mind about wearing one?



### NOTES:

.....

.....

.....

.....

## 5.2 The importance of using a seat belt

### Infants and safety seats and restraints



Infants are one of the age ranges most at risk during a crash. A child in the back of a car, without a seat belt, 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.

الرضع هم أحد الفئات العمرية الأكثر عرضة للخطر خلال تصادم السيارات، فالطفل الموجود في المقعد الخلفي من السيارة بدون حزام أمان لديه فرصة ضئيلة جدًا للخروج من السيارة خلال الحادث، لكنه أخطر مكان هو منتصف المقعد الخلفي وحتى في السرعات المنخفضة سيتم خروج الطفل من الزجاج الأمامي

Activity



Activity 8: Video – Crash test

Watch the video about crash test dummies. The video shows what would happen to a child not wearing a seat belt in a car crash at just 48kph.

How does this video make you feel about your younger brother or sister wearing or not wearing a seat belt? Discuss your views with the rest of the class. Make notes of what your classmates say.



NOTES:

.....

.....

.....



### Remember:

This video shows the devastating effects when a car is going just 48 kph (30 mph)!



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

استخدام مقاعد الأطفال يقلل من خطر الوفاة بنسبة تصل من 70% إلى 80%.



### Remember:

Children should be taught from an early age that they should sit in the back seat and use child safety seats, booster seats and seat belts. If this happens, they will think it is normal. However, if they are not taught these things, they will want to sit in the front, not use seat belts and move around while the car is moving.

لا يجب تعليم الأطفال منذ مبكرة أن يجلسوا في المقعد الخلفي واستخدام مقاعد الأطفال وأشرطة الأمان لجعله أمر طبيعي بالنسبة لهم. بينما إذا لم يتم تعليمهم هذه الأشياء فسوف يصرح على الجلوس في المقاعد الأمامية وعدم استخدام أحزمة الأمان والتحرك في السيارة.

## 5.3 Stopping distances in different conditions

سرعة السيارة تؤثر بشكل كبير على السلامة. يتم وضع حدود للسرعة ويجب اتباعها ليكون الطريق آمناً للجميع.  
تزيد السرعة من مقدار الخطورة وهدوء الحوادث.  
تقلل السرعة من الوقت اللازم لاتخاذ القرار وتزيد مسافة الفرامل المطلوبة.

### Speed awareness



The speed of a vehicle greatly affects road safety. Speed limits are in place to make sure safe driving speeds are followed on the roads. Fast-moving vehicles are more dangerous to all road users. Speeding increases the amount and seriousness of crashes. Speeding also reduces the time you have to make a decision and increases the braking distance required.

### The need for speed limits



Speed limits are set to control speeds in certain areas. This is done for many reasons. Examples include:

السيطرة على السرعة في بعض الأماكن : بسبب

- Pedestrian safety <sup>سلامة المشاة</sup>
- The condition of the road <sup>حالة الطريق</sup>
- School zones <sup>منطقة مدارس</sup>
- Environmental issues (such as, noise levels in residential areas) <sup>بسبب البيئة</sup>

يوجد سبب رئيسي لتخفيض السرعة وهو الخطر الذي تسببه أنت لنفسك وللغير.  
However, there is a much bigger reason for lowering your speed: the damage you can cause yourself and others if you hit them with your car.



السرعة العالية تزيد بشكل كبير من خطر الإصابة بالخطيرة أو الوفاة لك وللآخرين

**Remember:**

High speeds greatly increase the risk of serious injury or death to you and others on the road.



**Activity 11: Video - Think**



Watch and discuss the video with your class. Make notes on the discussion below.



**NOTES:**

**Speed and survival rates**

Look at the percentages below. These relate to speed and how it affects pedestrian survival rates.

- 32kph (20mph)  
10% chance of the person dying
- 48kph (30mph)  
20% chance of the person dying
- 64kph (40mph)  
80% chance of the person dying

UK GOV Think Campaign

## 5.3 Stopping distances in different conditions

عطارد / ذئقة الأخرى لجعلهم يسروا بشكل أسرع  
**Tailgating**

Recent police surveys show that tailgating and speeding are two of the top causes of road traffic accidents. Tailgating is when one vehicle is driving too close to another.

Activity



### Activity 12: Tailgating

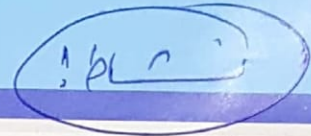
List two negatives of tailgating: اذكر من مساوى القيادة بالقرب من السيارة

1. Bigger chance of accidents ..... فرصة كبيرة للاصطدام
2. May cause harm to others ..... تسبب الأذى للآخرين

Activity



### Activity 13: Video - Tailgating



Watch the video, then answer the question below.

Was there any point in the video that made you think differently about tailgating? Write them down.



Be prepared to share your ideas with the class.

## Tailgating

هذه واحدة من أخطر طرق القيادة . من المحتمل أن يسبب هذا لك أو لشخص آخر حادثاً . عندما تقوم بمناجعة شخص ما عن كثب هذا لا يترك وقتاً كافياً للفرار



The reality is that tailgating is one of the most dangerous ways to drive. It is likely to cause you or someone else to have an accident. When you are following someone too closely, you do not leave enough time to react if the driver in front brakes suddenly.

Top tip



اترك مسافة بمقدار 3 ثوانٍ

Always try to leave a three second gap.

عندما تمر سيارة من أمامك انظر الى جسم بجانبها مثل عمود الشارع - احسب عدد الثوانى لتمر بجانبه رداً كان أقل منه في ثوانٍ قمت بالتحققه السرعة .  
When the car in front of you passes an object (like a street light), count how many seconds it takes for you to pass the same object. If it's less than three seconds, then slow down a little to create more space.

وقف المسافة بسرعات وظروف مختلفة :-

## Stopping distances at different speeds and conditions

A stopping distance depends on three factors:

Reaction time - رد الفعل الزمنى

i

reaction

الرد  
رد الفعل

Noun

القدرة على التصرف والتحرك بسرعة لتجنب الخطر.  
the ability to act and move quickly to avoid a danger

This is the time it takes for your brain to register the events in front of you and tell you to press the brakes. This distance increases the faster you are travelling.

هذا هو الوقت الذي يسخره عقلك لتسجيل الأحداث أمامك ويخبرك بالضغط على المكابح .  
علم التكامل .

## 5.3 Stopping distances in different conditions

② مسافة الفرامل

### Braking distance

الوقت الذي يستغرقه نظام الفرامل في السيارة لإيقافها.

This is the time it takes for the car's braking system to bring the car to a complete stop.

### ③ True stopping distance

مسافة التوقف

هي فترة رد الفعل + مسافة الفرامل.

This is the reaction time plus the braking distance. The formula is:

$$\text{Reaction time} + \text{Braking distance} = \text{True stopping distance}$$

Activity



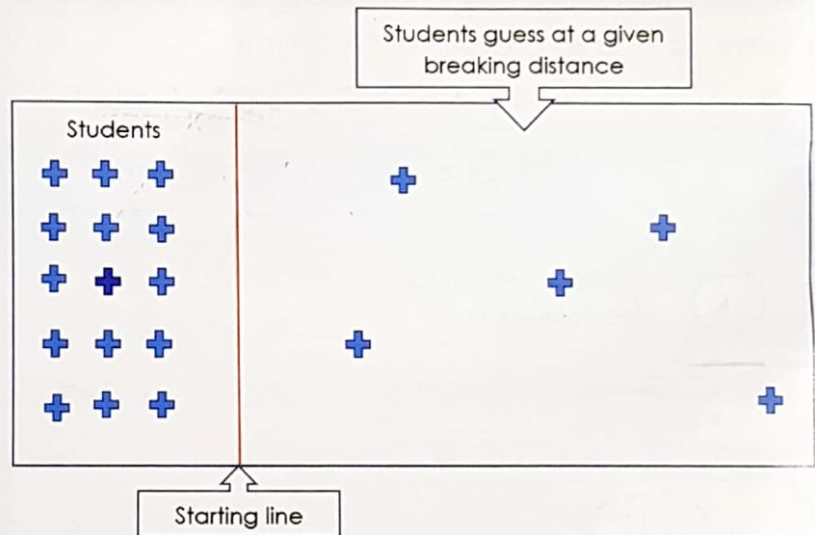
### Activity 14: Guess the distance

منها!

In a large area (gym, forecourt or car park), line up in groups of five. When your teacher calls out a speed, one person from each group should run to the distance they think it would take to stop a car (on average) in good conditions. Once everyone has stopped, the teacher will show the class the true stopping distance.

#### Resources needed:

- large open area
- tape measure
- chalk



Top tip



How to keep a safe distance:

1

Leave a three second gap.

2

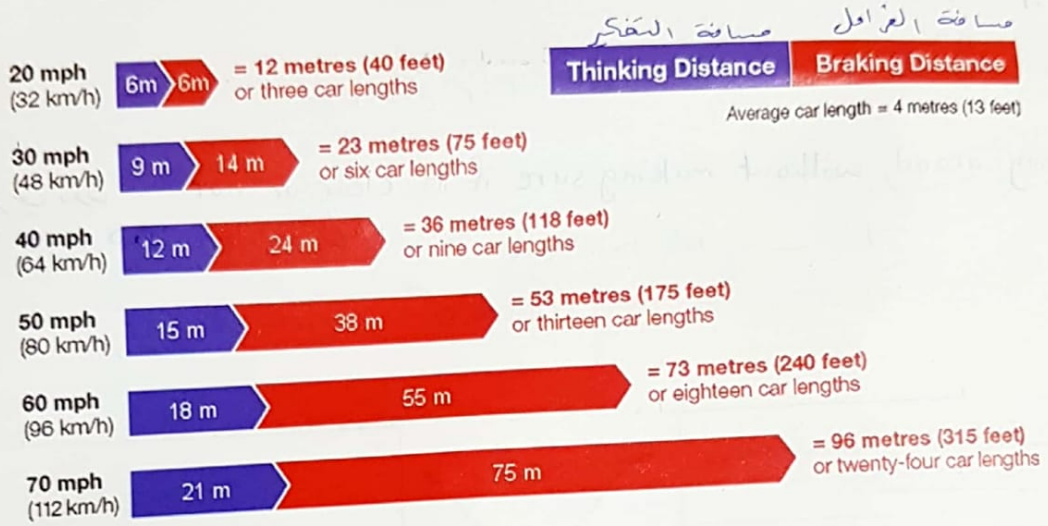
In wet or fast driving conditions, add another second or two.

3

If the vehicle is driving too slowly, avoid the temptation to tailgate to make a point. Instead, find a safe way to pass.

مسافة التوقف مهمة جداً. ساعدك على إبعاد سائبة آمنت بينك وبين المركبة التي أمامك.

As you can see, knowing your stopping distance is important. It helps you to keep a safe distance from the vehicle in front of you. Look at the image below. It shows both thinking and stopping distances at different speeds.



**Remember:**

In wet conditions, these figures can double!

**Activity**



**Activity 15: Pair work**

تسابق!

In pairs, discuss and answer the following questions:

At 64 kph (40 mph), what is the ratio for thinking distance to stopping distance? Write your answer in the box below.

What would your stopping time be in wet conditions at 70 mph?

