



Are You Careful Enough?

A Guide for Little Hotheads

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Can you be considerate to other people? Are you careful enough not to put yourself or anybody else in danger? Really? Let's have a look. Open the book and try to find out what's right and what's wrong. Moreover, you can play with funny illustrations, which can be changed either into correct or incorrect situations. It is an entertaining and funny book full of pictures and tips which will teach you how to behave safer in many different situations. You can't believe it, can you? **Try and you will see.**



read and
learn

changing pictures

pull the
handle





Sports, should be healthy

Sound in body, sound in mind. Nevertheless, be careful not to hurt yourself.



Riding a bike without a helmet on is a risky thing to do. If you fall off, a proper cycling **helmet will protect your head** on impact.

When out on your bike or skates, be sure to **use the marked tracks**. If no such track is available and you have to make your way among pedestrians and other road users, be as careful and considerate as possible. If you're not, there could be a nasty collision.



Roller-skating is great physical exercise, provided that the skater doesn't fall. So before you go out on your skates, **put on** a protective helmet and **proper knee- and elbow-guards**.



Before you get on your bike, check that the tyres are properly inflated and that **everything else is in good order**. Check the front and rear brakes, the bell, the front light (white), the rear light (red), the reflectors (orange) on the wheel spokes and pedals, the front reflector (white), the chain guard and the mudguards.



Hands-free cycling is for acrobatics practice. At all other times, cyclists should hold the handlebars with both hands, releasing their grip only when they wish to turn, so as to indicate their direction to other road users. **Only the signalling hand leaves the handlebars**, of course.





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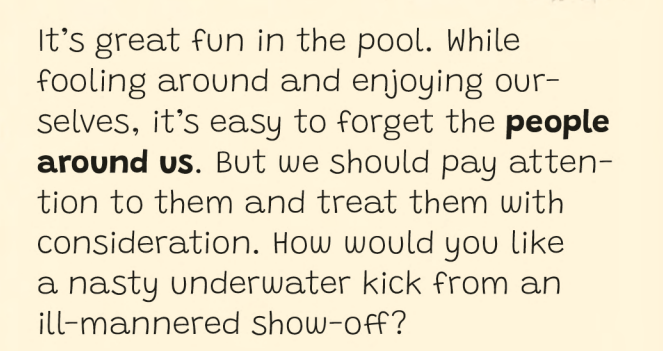


A cartoon illustration of a man with a large nose, wearing a red cap with a yellow emblem. He is blowing a whistle, with blue air and a small cloud of smoke coming out. He has a large mole on his cheek and is wearing a white shirt.

Great, a slide! You and your best friend throw yourselves into it head and belly first, even though this is against the rules. When using a water slide, you must **respect the instructions**. You wouldn't want to hurt yourself, would you?



You may be only **a beginning swimmer**, but you're not afraid of deep water – so you go for it. Although boldness is a fine thing, in this case it's out of place. Swim only at depths your skills as a swimmer can manage. Even strong swimmers should be careful not to overestimate their abilities.



Seeing a friend standing at the other side of the pool, you sprint off towards her, completely forgetting that you could slip and land nose-first on the wet floor.

We should never run around a swimming pool, and if possible we should wear shoes when near it.

A cartoon illustration of a young girl with short black hair and a purple and white striped bow. She is wearing a red swimsuit with white polka dots. She is depicted in a dynamic pose, splashing water, with her right arm raised and water droplets around her head. The background is a light, textured grey.

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Safe conduct

Do you know what to do when facing a dangerous situation?
Our safety champions will gladly advise you what to do.



Never be afraid to say 'no'.
Always say 'no' if a stranger tries to convince you to go with them, show or give you something, or if they tell you they will take you to your mum. Say, **'I don't want to, thanks,' and run away.** If the stranger refuses to leave you alone, call out for help.

You see a friend rush into a busy road without looking, into the path of a moving car. **To ward off the danger, shout 'Stop!' or 'Watch out!'** at the top of your voice.



You know now that people you meet online may not be who they say they are. So **never give them personal details, your address or a photo.** Don't be afraid to tell them 'no' or insist that they leave you alone.

You're on your bike or roller skates and someone is blocking your path. A simple **'excuse me, please,'** and the situation is resolved – the pedestrian will step aside and you can be on your way.



Your friends try to talk you onto a high climbing frame, even though you're afraid of heights and not much of a climber. **Don't be persuaded to do something dangerous.** Just say, 'Sorry, but I'm not going to do that.'

