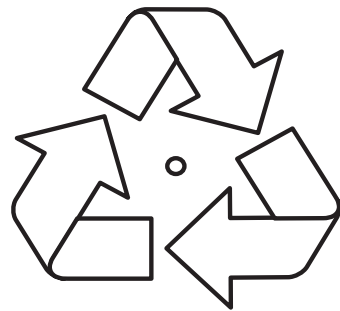
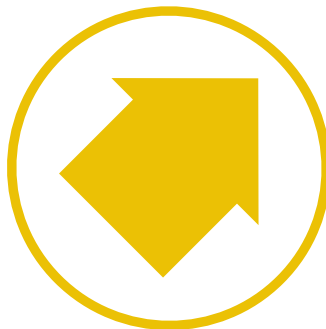
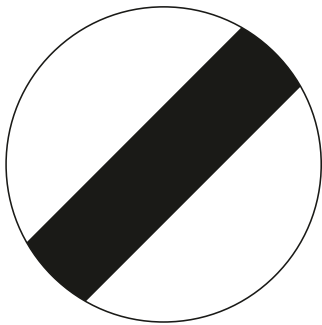


Labels, signs & symbols



Easy
read



LIFE SKILLS

We see labels, signs and symbols every day. They advise and warn us about hazards, products and services.



ROAD SIGNS

Traffic signs include signs giving orders, warning signs, direction signs, information signs and road work signs.

THE SIGNING SYSTEM

There are three basic types of traffic sign: signs that give orders, signs that warn and signs that give information. Each type has a different shape. Another guide to the function of a sign is its colour.

CIRCLES GIVE ORDERS. Blue circles generally give a mandatory instruction, such as 'turn left'. Red rings or circles tell you what you must NOT do, e.g. you must not exceed 30mph.

TRIANGLES WARN. All triangles are red. They can warn you about things such as you are near a zebra crossing, traffic signals are ahead or you are near a roundabout.

RECTANGLES INFORM. Blue rectangles are used for information signs except on motorways where blue is used for direction signs. Green rectangles are used for direction signs on primary routes. White rectangles are used for direction signs on non-primary routes, or used in combination with warning and regulatory signs.



Direction signs for pedestrians generally have a blue background with white lettering and include the walking figure symbol. In town centres, especially pedestrianised areas, other colours may be used and the symbol may be omitted; these signs may also use different styles of lettering. Pedestrian routes to tourist attractions may have brown backgrounds and those for public footpaths green backgrounds. Signs may include distances in yards or miles.

A public footpath will be indicated by a yellow waymarker. A blue arrow is used for public bridleways. The background may be a different colour.



HAZARD PICTOGRAMS

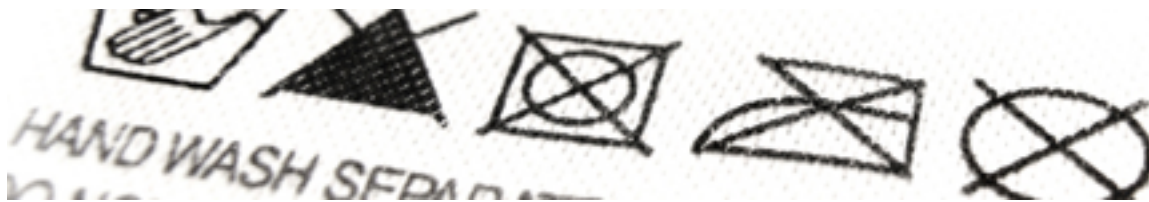
Hazard pictograms alert us to the presence of a hazardous chemical. The pictograms help us to know that the chemicals we are using might cause harm to people or the environment. One or more pictograms might appear on the labelling of a single chemical.







For more information visit the Health and Safety Executive website.

	Acute Toxic material which may cause life threatening effects even in small amounts and with short exposure. Advice: Do not swallow the material or allow it to come into contact with skin or breathe it.
	Corrosive material which may cause skin burns and permanent eye damage. May corrode metals. Advice: Avoid contact with skin and eyes. Do not breathe vapours or sprays. Wear protective clothing.
	Flammable if exposed to ignition sources, sparks, heat. Some substances with this symbol may give off flammable gases in contact with water. Advice: Avoid ignition sources ie sparks, flames, heat. Keep your distance. Wear protective clothing.
	Oxidising Can burn even without air, or can intensify fire in combustible materials.
	Explosive May explode if exposed to fire, heat, shock, friction.
	Harmful / irritant / skin sensitiser May cause irritation (redness, rash) or less serious toxicity. May damage the ozone layer. Advice: keep away from skin and eyes.
	Hazardous to the aquatic environment Toxic to aquatic organisms and may cause long lasting effects in the environment. Advice: Avoid release to the environment.
	Gas under pressure Gas released may be very cold. Gas container may explode if heated. Advice: do not heat containers. Avoid contact with skin and eyes.
	Carcinogen / germ cell mutagen / reproductive toxin May cause serious and prolonged health effects on short or long term exposure. Advice: do not swallow the material or allow it to come into contact with skin or breathe it.

WASH CARE SYMBOLS

The care symbols give consumers and retailers information on how best to wash, dry or clean their clothes. Following the correct care labelling can help keep clothes in the best shape possible. This will also help reduce the number of customer complaints and returns.



SYMBOLS	DESCRIPTION	MEANING
	Wash Tub:	The washing process by machine or hand
	Triangle:	Chlorine bleaching
	Iron:	Ironing
	Circle:	Dry Cleaning
	Circle in Square:	Tumble Drying (after washing)
	St. Andrew's Cross:	Do Not

Care labelling - What symbols mean

RECYCLING SYMBOLS

Packaging labels and recycling symbols are now appearing on lots of everyday items, and they help us to identify how different types of packaging can be recycled.

The on-pack recycling label (or OPRL)

Look out for the following labels, which appear on all sorts of packaging - from soft drink cans, to bread bags and plastic toiletry bottles. They will tell you the kind of packaging the item has and whether the packaging is recyclable. If it is, the label will also tell you whether you can put the packaging in your kerbside recycling bin or take to your local recycling centre.

Remember: not all packaging will have a recycling label but this doesn't mean you can't recycle it.






Recycling around your home







Packaged symbols explained

RECYCLE NOW

Did you know that one in every three drinks cans sold in the UK are drunk away from home? The metal these cans are made from is endlessly recyclable, so it's important that it is saved rather than thrown away. Especially when you consider that each can could be recycled and be back on sale as another can – in just 60 days.

www.recyclenow.com/

	<p>RECYCLE NOW</p> <p>Did you know that one in every three drinks cans sold in the UK are drunk away from home? The metal these cans are made from is endlessly recyclable, so it's important that it is saved rather than thrown away. Especially when you consider that each can could be recycled and be back on sale as another can – in just 60 days</p>
	<p>MOBIUS LOOP</p> <p>Indicates that an object is capable of being recycled - not that the object has been recycled or will be accepted in all recycling collection systems. Sometimes this symbol is used with a percentage figure in the middle to explain that the packaging contains x% of recycled material</p>
	<p>TIDYMAN</p> <p>Dispose of this carefully and thoughtfully. Do not litter. This doesn't relate to recycling, but is a reminder to be a good citizen, disposing of the item in the most appropriate manner</p>
	<p>THE GREEN DOT</p> <p>The Green Dot does not necessarily mean that the packaging is recyclable, will be recycled, or has been recycled. It is a symbol used on packaging in many European countries and signifies that the producer has made a financial contribution towards the recovery and recycling of packaging</p>
	<p>PLASTICS</p> <p>Identifies the type of plastic resin used to make the item by providing a 'Resin Identification Code'. It is represented with a 'chasing arrows' symbol surrounding a number between 1 and 7 that defines the resin used</p>

	<p>GLASS Please dispose of glass bottles and jars in a bottle bank (but remember to separate colours) or use your glass household recycling collection if you have one</p>
	<p>RECYCLABLE ALUMINIUM The item is made of recyclable aluminium</p>
	<p>RECYCLABLE STEEL The product is made of recyclable steel.</p>
	<p>COMPOSTABLE The 'seedling' is the registered trademark of European Bioplastics. Products certified to be industrially compostable according to the European standard EN 13432/14955 may bear the 'seedling' logo</p>
	<p>PAPER To be given the National Association of Paper Merchants' mark, paper or board must be made from a minimum of 50%, 75% or 100% genuine waste paper and/or board fibre, no part of which should contain mill produced waste fibre</p>
	<p>WOOD The Forest Stewardship Council (FSC) logo identifies products which contain wood from well managed forests independently certified in accordance with the rules of the FSC</p>

Recycling symbols explained

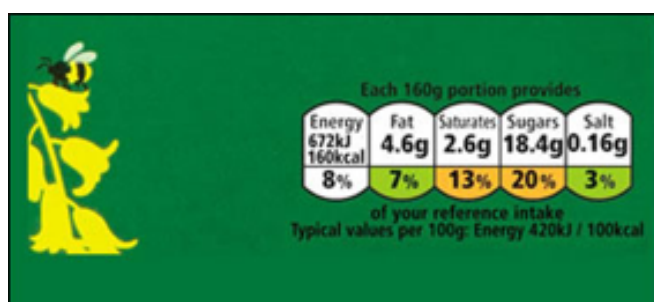
FOOD LABELS

There are many food labels to help you make healthy choices. Nutrition labels are often displayed as a panel or grid on the back or side of packaging. For example, the image below shows the nutrition label on a loaf of white bread.

Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings
*Reference intake of an average adult (8400kJ / 2000kcal)

Most of the big supermarkets and many food manufacturers also display nutritional information on the front of pre-packed food. This is very useful when you want to compare different food products at a glance. Be aware that the nutritional information relates to the size of the portion stated and not the entire contents of the package.



VEGETARIAN SYMBOL



This symbol is widely recognised and indicates that the product is suitable for a vegetarian diet.

A vegetarian is someone who doesn't eat meat, poultry or fish, and mostly eats foods that come from plants, like grains, fruits, vegetables, and nuts. Some stricter

vegetarians avoid more than just meat. They also avoid animal products, which are non-meat foods that come from animals. Some examples would be milk (from cows) and eggs (from chickens).

There are many kinds of vegetarians. Here are some of them:

- lacto-ovo vegetarian: eats no meat, but will eat dairy products (milk, butter, cheese) and eggs
- ovo-vegetarian: eats eggs, but no meat or dairy products
- vegan (say: VEE-gun): eats no meat or animal products

And many other people are semi-vegetarians who don't eat meat, but may eat poultry or fish.



Fairtrade mark is a registered certification label for products sourced from producers in developing countries.

Fairtrade is a way of buying and selling products that allows the farmers to be paid a fair price for their produce, and have better working conditions. Trade is 'unfair' when farmers receive very low income and have poor conditions while the companies that sell their products make lots of money from them..

Some Fairtrade products include:

- Bananas. Bananas are the favourite fruit in our grocery basket and are grown by millions of small-scale farmers and plantation workers in tropical regions.
- Cocoa. Chocolate is one of the world's favourite foods but growing cocoa is a hard task.
- Coffee
- Cotton
- Flowers
- Gold
- Sugar
- Tea

Questions

Write the correct word underneath the label, sign or symbol.

- Flammable
- Tumble dry
- Vegetarian
- Recycle
- Tidyman
- Fairtrade
- No cycling order
- Roundabout warning



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