

Train Safety

Travelling independently can help build confidence for accessing the local community, future job opportunities and increasing social skills.

A guide to help you succeed when travelling by train



Do

- Know your train time and platform number
- Arrive so you do not have too long to wait
- Make sure you know the time of the last train home
- Carry your train pass or have the correct money for your ticket
- Wait in a brightly lit part of the platform
- Travel in a busy carriage, it will be safer
- Move away if someone becomes a nuisance
- Look for where the emergency alarm is – it is unlikely you will need to use it
- Let another person know where you are going, what time you should be arriving and when you are coming back
- Carry a fully charged mobile phone
- Carry an ICE card (In case of emergency)
- Make sure you have identified a safe place



Don't

- **Travel without knowing where you are going**
- **Talk to strangers**
- **Make too much noise**
- **Distract the driver**
- **Use a mobile phone or iPod that someone might be tempted to steal from you**
- **Run on the platform or stand near to the edge or yellow line**

Caution!

If you have **Bluetooth** technology on your phone, turn it off.

When turned on it can be detected by other passengers, this may make you a target of a mobile phone thief.

Having your Bluetooth on also drains your battery quicker.