

TRAIN TRAVEL SAFETY

Planning

1. Be early so you don't have to rush.
2. Ask the ticket seller which platform to go to.
3. Call ahead to find out about the stations you are leaving from and travelling to. You can find out if they have lifts, if the platforms are curved or not (they might have a gap if they are curved), if steps have handrails, etc.
4. If you use a walking stick be sure to take it with you when travelling by train.
5. Travel at non peak times (10 am to 2 pm) when there are fewer crowds.

Getting on and off the train

1. Ask the guard (or someone on the platform or train) to help you.
2. Take your time getting on and off.
3. Get on and off in the middle of the train, near the blue signal carriage, so you will be close to the guard.
4. Avoid stairs in the carriage – sit as close to the doors as possible.

Local knowledge

_____ station has:

(✓ tick if yes)

- Stairs with a handrail
- Hearing help
- Taxis and buses nearby
- Elevator
- Escalator
- Curved platform