

YOU MIGHT FORGET TO STOP ON YOUR WAY BACK FROM THE SHOP



**BEWARE THE
BUBBLE**

Take care when you're out-and-about,
wherever your attention wanders



BEWARE THE BUBBLE

It's easy to drift off into your own world when out-and-about – taking a stroll, popping to the shops or walking the dog.

When you're off in your bubble, the last thing on your mind might be the danger of a train at a level crossing. Especially when some level crossings don't have warning signs to tell you when a train is approaching. So it's extra important you always stay switched on!



FIVE WAYS TO BEWARE THE BUBBLE AND **STAY SAFE** AT A LEVEL CROSSING

When you're walking near or across a level crossing, you need to:

- 1. Concentrate.** It's easy to drift off and take more notice of your phone, music or conversation than what's going on around you.
- 2. Stop, look and listen – always.** There might be signs with extra instructions, so make sure you read and follow them if there are.
- 3. Check both ways before crossing – if there is a train coming, don't cross.** Remember there may be more than one train, they may be coming from different directions and one train could hide your view of another.
- 4. If there are any warning signs (lights, barriers, alarms) make sure you understand what they mean.** And always follow their instructions completely.
- 5. Cross quickly, keeping children close and dogs on a short lead.** Always make sure the exit is clear before crossing.

Looking for more information on how to take care near level crossings when you're out-and-about in your area?

Visit www.networkrail.co.uk/bewarethebubble #BewareTheBubble