

STOP LOOK LISTEN

Stop
Look
Listen
Beware
of trains

CYCLISTS
DISMOUNT

Life-saving knowledge has no age limit.

Trains are getting faster and quieter, and incidents involving over 75s are shown to be on the rise in recent times. Stop. Look. Listen. Three simple words, worth remembering, whether you've heard them before or not.

NO
SECOND
CHANCES



NO SECOND CHANCES



1 STOP AND READ SIGNS

Every level crossing is different.

Even if it's a crossing you know, always stop and check for new information.

2 LOOK AND LISTEN

Always check in both directions every time you cross as a train could be approaching in any direction on any line.

If there are lights, barriers or alarms at the crossing, make sure you know what they mean and always follow their instructions.

3 ALWAYS BE ALERT

Crossings demand 100% of your attention.

Pause your conversations and focus completely on keeping yourself safe.

Even if one train has gone past, another one may be approaching.

4 CROSS QUICKLY AND CAREFULLY

Only cross when all tracks are clear.

When you're walking across, do so as quickly and safely as you can.

SCAN HERE
FOR MORE
DETAILS



NEVER FORGET

- Timetables change and trains can arrive at any time.
- Trains coming towards you barely make a sound.
- Whether you think a train is travelling fast or slow, it won't be able to swerve or stop in time if you're crossing the track.
- Always cross as quickly and safely as you can and never stop on a crossing.