

A man with dark hair and a beard, wearing a dark blue jacket, a grey sweater, a white shirt, and a tie, is looking down at his smartphone. He is wearing large white headphones. He is standing at a level crossing, with his right hand resting on a metal railing. In the background, there are railway tracks, a fence, and several warning signs: "Beware of trains", "CYCLISTS DISMOUNT", and "Danger touch rail". The scene is outdoors with trees and a building in the background.

**If you don't approach level crossings safely
the result doesn't bear thinking about.**

DISTRACTED?
YOU'VE CROSSED THE LINE.

For more information on how to take care near level crossings visit: www.networkrail.co.uk/distracted

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YOU'VE CROSSED THE LINE.

It's easy to enter a level crossing when you're not paying attention. You could be looking at your phone, lost in music, engrossed in a podcast or chatting to your friends when, before you know it, you've crossed the line.

And while Britain's railway is one of the safest in Europe, there are still around 500 near misses reported at level crossings each year. If you're a level crossing user, we're asking you to take care of yourself and others by staying vigilant and not losing focus. Don't cross the line without first checking it's safe.



FIVE WAYS TO **STAY FOCUSED** AND **SAFE** AT A LEVEL CROSSING

When you're approaching 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 additional instructions, so make sure you read and follow them.
3. **Check both ways before crossing – if there is a train coming, do not 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. And if there AREN'T any warning signs to tell you when a train is approaching, then it's extra important to stay switched on!
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/distracted