

**If you're not paying attention at level crossings, you're risking your life.**

**DISTRACTED?**  
**YOU'VE CROSSED THE LINE.**

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

# DISTRACTED?

YOU'VE CROSSED THE LINE.

If you're not paying attention at level crossings, you could be risking your life.

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.

While Britain's railway is one of the safest in Europe, there are still around 500 near misses reported at level crossings each year. These near misses are often close calls that could have ended in tragedy. If you're not vigilant, you risk not seeing the train until it's too late. 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.

Your safety is in your hands. Don't risk turning a moment of distraction into a lifetime of regret. Pay attention at level crossings and ensure you and those with you stay safe.

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

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