

A man in a dark jacket and tie, wearing large white headphones, is looking down at his smartphone while standing at a level crossing. He is holding onto a metal railing. In the background, there are railway tracks, trees, and a building. A signpost with several signs is visible, including "Beware of trains", "CYCLISTS DISMOUNT", and a yellow warning sign with a black triangle and the word "Danger".

**Os nad ydych chi'n talu sylw ar groesfannau
rheilffordd, rydych chi'n peryglu'ch bywyd.**

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

MEDDWL YN BELL?

RYDYCH CHI WEDI CROEST'R LLINELL.

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

MEDDWL YN BELL?

RYDYCH CHI WEDI CROESI'R LLINELL.

Os nad ydych chi'n talu sylw ar groesfannau rheilffordd, fe allech chi fod yn peryglu'ch bywyd.

Mae'n hawdd mynd i mewn i groesfan reilffordd pan nad ydych chi'n talu sylw. Fe allech chi fod yn edrych ar eich ffôn, ar goll mewn cerddoriaeth, wedi ymgolli mewn podlediad neu'n sgwrsio â'ch ffrindiau pan, cyn i chi sylweddoli, rydych chi wedi croesi'r llinell.

Tra bod rheilffordd Prydain yn un o'r rhai mwyaf diogel yn Ewrop, mae tua 500 o ddamweiniau a fu bron â digwydd yn cael eu hadrodd bob blwyddyn ar groesfannau rheilffordd. Mae'r damweiniau fu bron â digwydd hyn yn aml yn achosion agos a allai fod wedi arwain at drasiedi. Os nad ydych chi'n wyladwrs, mae perygl na fyddwch chi'n gweld y trên nes ei bod hi'n rhy hwyr. Peidiwch â chroesi'r llinell heb wneud yn siŵr yn gyntaf ei bod yn ddiogel.

PUM FFORDD I GANOLBWYNTIO A BOD YN DDIOGEL AR GROESFAN RHEILFFORDD
Pan fyddwch chi'n agosáu at groesfan reilffordd, mae angen i chi:

- 1. Ganolbwyntio.** Mae'n hawdd dechrau synfyfrio ac ymgolli yn eich ffôn, cerddoriaeth neu sgwrs na'r hyn sy'n digwydd o'ch cwmpas.
- 2. Stopiwch, edrychwch a gwrandewch – bob amser.** Efallai y bydd arwyddion gyda chyfarwyddiadau ychwanegol, felly gwnewch yn siŵr eich bod yn eu darllen a'u dilyn.
- 3. Gwiriwch y ddwy ffordd cyn croesi – os oes trên yn dod, peidiwch â chroesi.** Cofiwch, efallai y bydd mwy nag un trên, efallai eu bod yn dod o wahanol gyfeiriadau, a gallai un trên guddio'ch golwg o un arall.
- 4. Os oes unrhyw arwyddion rhybudd (goleuadau, rhwystrau, larymau) gwnewch yn siŵr eich bod yn deall beth maent yn ei olygu.** A dilynwch y cyfarwyddiadau yn llwyr bob amser. Ac os NAD OES unrhyw arwyddion rhybudd i ddweud wrthyfch pan fydd trên yn agosáu, yna mae'n hynod bwysig eich bod yn hollol effro!
- 5. Croeswch yn gyflym, gan gadw plant yn agos a chŵn ar dennyn byr.** Gwnewch yn siŵr bob amser bod yr allanfa'n glir cyn croesi.

Chi sy'n gyfrifol am eich diogelwch chi. Peidiwch â mentro troi eiliad o beidio canolbwyntio yn oes o edifeirwch. Talwch sylw ar groesfannau rheilffordd a sicrhewch eich bod chi a'r rhai sydd gyda chi yn aros yn ddiogel.

Chwilio am fwy o wybodaeth ar sut i gymryd gofal ger croesfannau rheilffordd yn eich ardal?

Ewch i: 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?

Visit: www.networkrail.co.uk/distracted