



Safety Tips >

Here are some tips of what young people should do to keep safe, when out and about.

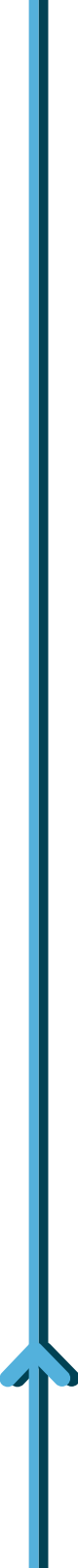
Travelling on foot

- The Green Cross Code is a guide for everyone – remember always STOP, LOOK, LISTEN and THINK to cross roads safely.
- Use pedestrian crossings whenever possible, even if you have to walk a bit further.
- Avoid crossing between parked cars, on bends and where there are safety railings.
- Make yourself visible - wear bright and fluorescent colours during daytime and wear or carry something reflective at night (white also shows well at night).
- Watch out for cars coming out of driveways and cars reversing.
- If the road has no pavement, walk on the side that allows you to face traffic coming towards you.
- On narrow country roads, walk one behind the other.
- Mobile phones and personal music players restrict your ability to concentrate and your hearing.
- Wear clothes that do not restrict your vision and your hearing.

Travelling by bicycle

- Make sure your cycle helmet fits well and is strapped securely.
- Adjust your bike's saddle and handlebars every 3-4 months as you are still growing.
- Wear clothes that do not interfere with pedalling.
- Use cycle paths and cycle routes – they are there for your convenience.
- Keep a 50-60 cm distance from the kerb to avoid drain covers.
- When you cycle past parked vehicles look out for doors opening.
- On narrow country roads cycle one behind the other – not side by side.
- Be visible - wear bright and fluorescent colours during daytime and reflective accessories at night.

Travelling by car

- Wear your seatbelt on every trip – most crashes happen during short trips.
 - Get in and out of the car from the side furthest away from traffic.
 - Secure heavy luggage in the boot of the car.
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Travelling by bus

- Wait until the bus has stopped completely before you get on or off.
- After getting off a bus, wait for it to drive away before crossing the road.
- Public buses do not have seatbelts fitted so hold on to a handrail.

Travelling by taxi

- Only use licensed taxis and reputable minicab firms with licensed drivers.
- Book minicabs in advance and ask for the registration number of the car they will send you.
- If the taxi or minicab has seatbelts fitted, wear them.
- Ask how much it will cost in advance.

Travelling by rail

- Stay away from the platform edge while you wait for your train.
- While waiting on a platform, stay within range of CCTV cameras.
- Sit in a carriage with other people – avoid empty carriages.
- Trains do not have seatbelts fitted so hold on to a handrail.
- Report unattended packages or bags to a member of staff.

Personal safety

- In an emergency dial 999.
- Always let someone at home know where you are going and call them when you arrive.
- Avoid badly-lit streets and narrow alleys.
- Plan in your route some 'safe' places where you can go for help in an emergency.
- Don't give out personal information to people you don't know.
- Never accept a lift from people you do not know and trust.
- Appear and act confidently when you travel.
- Keep valuables out of sight when you are out and about.
- Carry a personal alarm and make sure it's handy.
- If there is a problem, protect yourself first - not your property.



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Planning your route

- Plan alternatives to your normal route, in case something happens.
- Allow plenty of time for your journeys – being late can make you careless.
- Listen to weather forecasts and prepare accordingly.

Be prepared

- Carry a phone card and some change in case you need to use a public phone and do not have a mobile phone.
- Carry a small card with emergency contact numbers.
- Make sure you know who to approach if you are in difficulty.