

Welcome to 's railway adventure!

For ages 7-11

When you are travelling by train, it's important to know how to stay safe. With this activity book, there are important things you'll learn about how to stay Switched On and safe around the railway.

Complete all of the activities to make sure you know how to stay Switched On for every journey!



Switched On fact:

Not all trains stop at the station. It's important that when we're waiting on the platform we always stand behind the yellow line to keep us safe!

Find the missing railway elements

Let's begin by making sure you are familiar with the different parts of a train station and level crossing. Imagine you have just arrived at the train station. Some key elements that will help you with your journey are missing. **Use the clues to unscramble the missing elements. Write the correct word on the line and then add them to the drawing.**

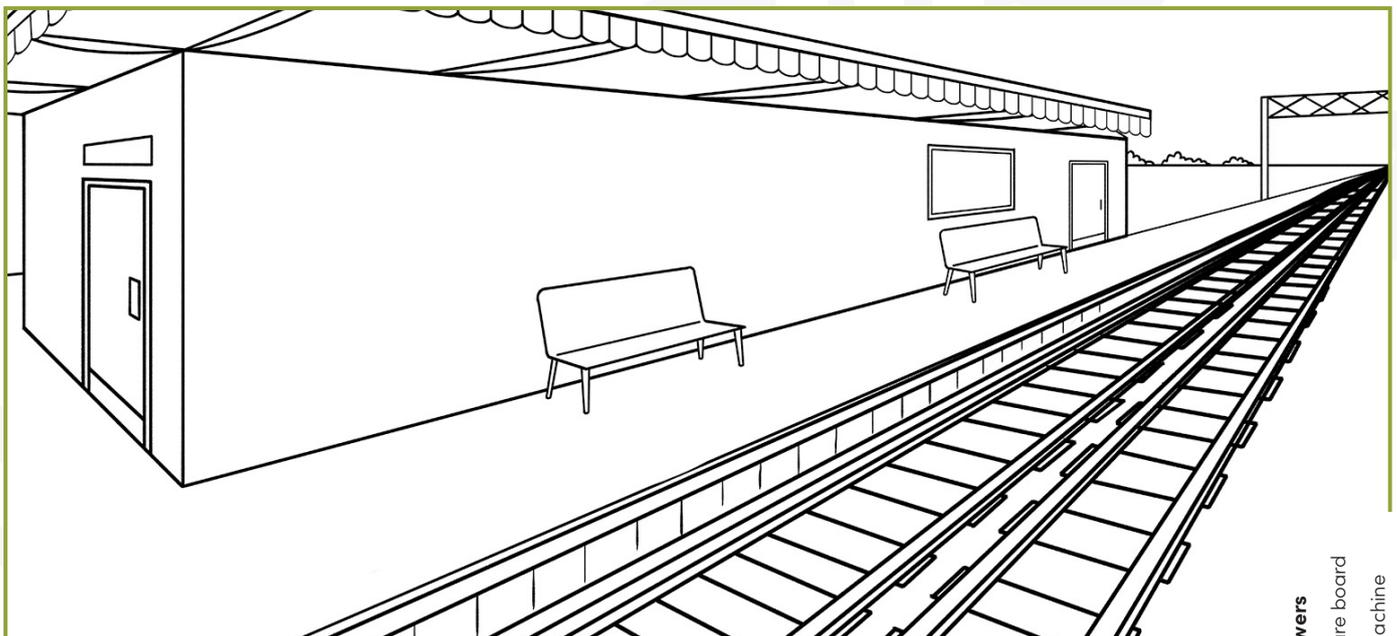
Clues:

This helps you figure out what time your train is coming - **perdetaru obadr**

You should stand behind this when a train is coming - **woyell nile**

This is where to go to buy a ticket - **ketcit himacne**

This is who to go to when you need help - **itran gadru**



Correct answers

1. Departure board
2. Ticket machine
3. Yellow line
4. Train guard

Find the missing level crossing elements

Imagine you have just arrived at a level crossing. Some key elements at the crossing are also missing. **Use the clues to unscramble the missing elements. Write the correct word on the line and then add them to the drawing.**

Clues:

This helps to separate cars and people from the train and is where everyone should be safely behind as they wait for the train to pass:

sarbirer _____

This warns people that a train is on the way:

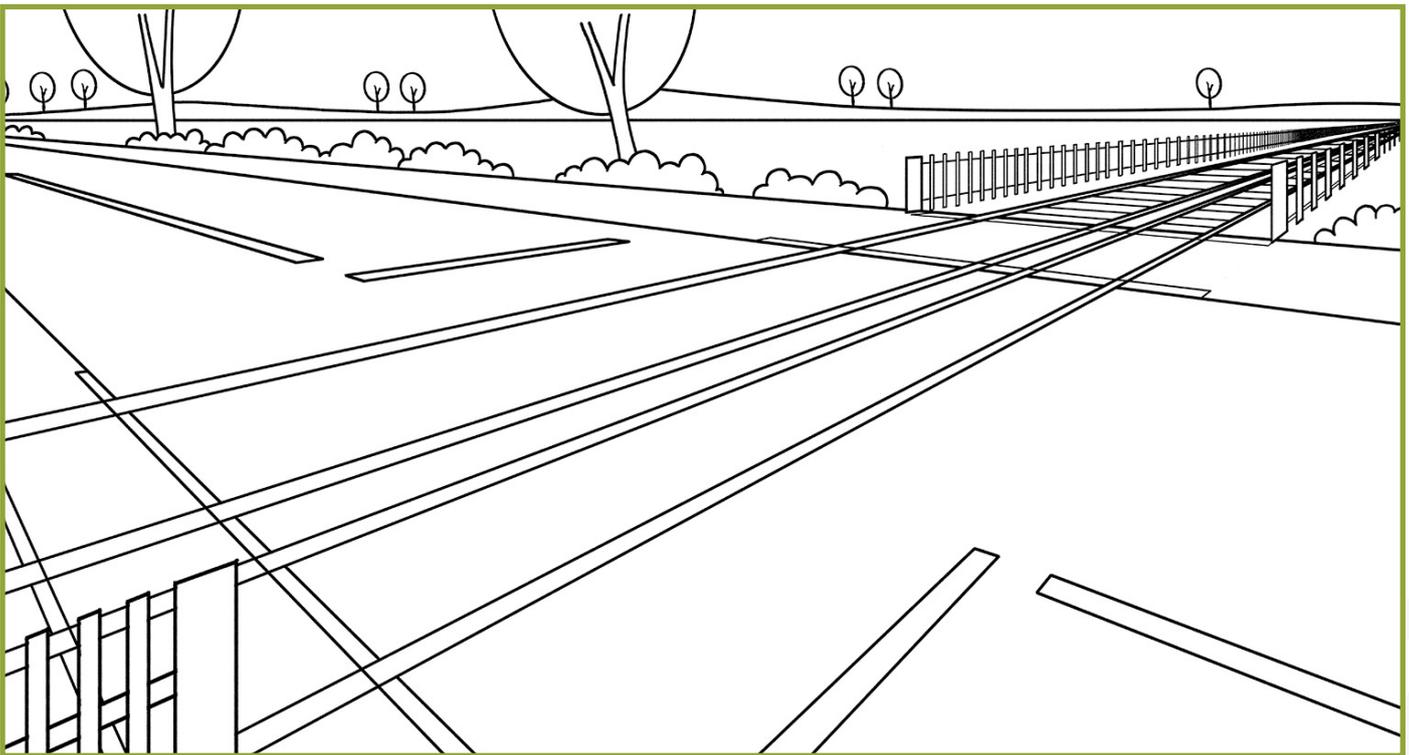
shafling tllsgh

Most pedestrian level crossings have these, they are another way to separate cars and people from the tracks:

stega _____



Switched On fact:
You always need a valid ticket to travel on a train – if you don't have one you could face a £100 fine plus the price of your ticket!



Switched On fact:
Most road level crossings have amber and red warning lights. It's not safe to cross until all of the lights stop flashing. Some footpath crossings have red and green lights. We must only cross when the green lights are showing.

Correct answers

1. barriers
2. flashing lights
3. gates

Do you know the signs?

You might have come across station signs before. But do you know what they mean? Match the sign to the correct meaning and then as a bonus activity, list out where you might find the sign.

Safety Signs	What the sign tells us	Where would we find this sign?
	<p>This sign tells you not to try and access a particular area of the railway as it is not safe for passengers.</p>	<p>----- ----- -----</p>
	<p>This sign tells you to pay close attention when you're at a level crossing so you know when it's safe to cross.</p>	<p>----- ----- -----</p>
	<p>This sign tells you to keep a safe distance from the track.</p>	<p>----- ----- -----</p>
	<p>This sign alerts people to the overhead electrical hazard. They have electricity running through them and close contact could have severe consequences.</p>	<p>----- ----- -----</p>

Working Switched On

Lots of work goes on behind the scenes to make sure that train stations and level crossings are safe for everyone. Meet some of the people who are involved in making this happen!

Read each person's bio and try to answer the Switched On safety questions.

Natalie Stretton – Crime and Safety



Natalie helps keep the rail environment safe for everyone. She works with others to stop accidents and crime. Her job is important because she helps protect people from getting hurt. Natalie needs to be good at noticing problems and talking to people. If you see someone acting unsafe, tell an adult like Natalie so they can help keep everyone safe.

Natalie's Switched On safety tip:

It might be tempting to play around near the tracks, but it can be seriously dangerous. You should always follow the rules and signs present to keep yourself and others out of danger.

Why is it important to tell an adult if you notice someone acting unsafe around the rail environment?

Josh Murray – Level Crossing Manager



Josh makes sure that level crossings, where the road and railway meet, are safe for everyone. He checks that the barriers, lights, and alarms work properly. It's important because level crossings can be dangerous if people don't follow the rules. Josh needs to be careful, good at solving problems, and always pay attention. If you see the barriers starting to come down, you should wait on the safe side of the barrier and never try to cross, even if you are in a hurry.

Josh's Switched On safety tip:

Sometimes there may be more than one train going through a level crossing – so it's crucial that you always wait until the level crossing lights stop flashing before crossing.

What should you do if the barriers start to come down while you approach a level crossing?

Working Switched On

Gabriella Shackles – Police officer with the British Transport Police



Gabriella Shackles is a police officer with the British Transport Police. Her job is to keep everyone safe when they travel by train and make sure people follow the rules at the station. Gabriella's role is very important because she helps stop accidents (like when people drop things on the track) and deals with crimes (like when someone accesses the tracks when they shouldn't). She needs to be brave, pay close attention to what's happening around her, and be good at talking to people.

Gabriella's Switched On safety tip:

If you lose something on the track its always safer to call the British Transport Police, rather than trying to retrieve it yourself.

What should you do if you dropped something on the train track?

Sophie Anderton – Engineer



Sophie is an engineer who helps make sure the rail environment runs smoothly. She checks the railway to make sure everything works properly and fixes any problems she finds. Sophie knows a lot about the railway including the electric rail, which powers some trains. It's very dangerous to touch, so she teaches people to stay away from it. Sophie has specialist knowledge of the railway and needs to be able to pay attention to details. Her job is important because she helps make sure all passengers and railway workers stay safe around the tracks.

Sophie's Switched On safety tip:

The electric rail may look like a normal rail but can be very dangerous. You should always read the signs when on or around the railway to keep yourself safe.

What is the electric rail and why do we need to be aware of it?

Spotting unsafe behaviours

Railway signs tell you the most important rules to keep in mind to stay safe around the railway. Unfortunately, not everyone follows these rules! We call these **hazardous** behaviours.

At the station, you and your friends are surrounded by lots of other people also travelling by train. Read their thoughts below and decide who's thinking Switched On (safe) and who's thinking Switched Off (unsafe)? **Write their bubble number in the table below.**



Who's thoughts are Switched On?
(safe)

Who's thoughts are switched off?
(unsafe?)

Answers:

Switched On: 3,
6, 7

switched off: 1, 2,
4, 5, 8, 9

You walk up to a level crossing and notice some people near it. Read the thoughts below and decide who's thinking Switched On (safe) and who's thinking switched off (unsafe)? **Write their bubble number in the table below.**



Who's thoughts are Switched On? (safe)	Who's thoughts are switched off? (unsafe?)

Choose one bubble from the switched off column. How would you change their thoughts to be more **Switched On?**

Answers:
Switched On: 1, 3
switched off: 2, 4

Making Switched On decisions

A group of friends are on the platform at a train station. They are going to school and need some help to stay Switched On. Fill in the gaps and help the friends make the right decision.



These two friends are _____ by their phones.

Instead they need to pay _____ to what is going on around them. They should read the _____ to know when their train is coming.

distracted amazed attention information board magazine



These friends are standing in front of the _____.

They should remember to keep _____ from the platform edge.

yellow line train platform back close



The friends are taking selfies and playing around on the platform.

They should find a _____ place to sit down because they could _____ themselves or those around them.

safe sofa injure help

Correct answers

1. 'Distracted', 'pay attention' and 'information board'
2. 'Yellow line' and 'back'
3. 'Safe' and 'Injure'