

public transport

TRAVELLING
SAFELY



Considering several “what if” scenarios will enable you to improve your personal safety whilst travelling on public transport

These simple steps can give you peace of mind:

P.L.A.N. to prevent problems:

Prepare

... your journey, know your route and tell someone where you are going.
... make sure you take essential items with you
... split your possessions into different pockets or bags
... consider alternatives in case your chosen mode of transport is cancelled or delayed

Look

... confident when you are out and about.

... around to decide the safest place to wait (e.g. near the emergency alarm on a platform)

Action

... do *something* in case you are concerned (e.g. move carriages)
... avoid taking unnecessary risks
... move to a busier section if many people got off the bus or train
... position yourself near the alarm button, guard or driver when travelling during quiet times
... place your bag between yourself and the window to

prevent snatch and grab incidents

Never

... assume it won't happen to you.
... people are what they seem
... it is just your imagination!

Further information

Personal Safety Learning has more resources on www.personalsafetylearning.com

Did you know?

More than half of all violence involve the use or abuse of alcohol?



IF YOU FEEL THREATENED:

- Remember to trust your instincts - if you are at all worried try to avoid further contact with the aggressor
- Involving the guard or other people might scare the aggressor away