

Railway safety resources

1. Electricity is always on and it can jump.

Electricity is easily the most dangerous factor in stepping on the track. It's always switched on and people don't realise it can jump – you don't even need to touch a cable to be seriously injured. Overhead lines carry 25,000 volts, a hundred times more than your supply at home. The third rail is probably the hardest danger to see. It looks just like an ordinary rail, but it carries 750 volts. It's designed to send power to the train, but you are 70% water and the perfect conductor for this electricity. If you touch the rail, you will 'stick' to it.

[You vs. Train – Don't risk everything by trespassing on the railway – what you need to know \(youvstrain.co.uk\)](https://www.youvstrain.co.uk) includes video resources.

2. Trains are quiet, you can't hear them coming

You can't outrun a train. And even if you could, you wouldn't hear it coming. Today's trains reach speeds of 125mph almost silently and they run 24 hours a day.

[Network Rail's Welsh Train Safety Quiz | I am train safe](https://www.networkrail.co.uk/welsh-train-safety-quiz)
www.scouts.org.uk/supporters/the-rail-industry/ 'As quiet as a train' resource for ages 6-10½ on site

3. If you think someone is in need of help, trust your instinct

This is about taking positive action if you see someone in distress: approach them and see if they are OK and if you need to, call for help.

['How are you?' times two | Activities | Scouts](#)

4. Beware the bubble.

In a busy and crowded train station, you can easily become distracted by other people or your mobile phone. At level crossings, you can also become distracted by your music or thoughts as you drift into your own little world. This can be dangerous as you lose sight of the risks around you when you're lost in thought.

[Beware the bubble - Network Rail](#)

5. See it. Say it. Sorted!

Don't be afraid to report anything that feels out of place. We rely on information from the public to help us keep the rail network safe. It could be someone avoiding rail staff or police, leaving a bag on the railway, or checking out security arrangements like CCTV. If it doesn't feel right, let us know and we can decide if what you have seen or what you know is important. We will check the information thoroughly. Text the British Transport Police on 61016.

If you haven't visited already please go and check out <https://www.scouts.org.uk/supporters/the-rail-industry/>. You'll find details on our safety messages, activities to use in your groups and further information on the partnership.