



# Rail Safety Tips For People Using Wheeled Mobility Devices

Whether you are using a wheelchair, walker or a scooter, you will most likely come across train tracks at some point—and tracks pose particular challenges for people using wheeled mobility devices. Follow these tips to ensure you stay safe the next time you encounter railway tracks—it could save your life.



## USE DESIGNATED CROSSINGS

Only cross railway tracks at designated crossings, where the tracks are most level with the ground. You could get stuck or fall trying to cross tracks at any other place, which could be deadly. Remember, trains can come at any time, from either direction, and on any track. They also don't always run on a set schedule.



## STOP, LOOK AND LISTEN FOR TRAINS

At a crossing, stop, look both ways and listen for approaching trains; proceed only if you are sure it is safe to do so. If a train is approaching, or if railway warning signals are activated, stop behind any gates or stop lines—or no closer than 5 metres from the nearest rail—and wait for the train to pass. Cross only after the warning signals have ceased and you are certain no other trains are approaching, from either direction, on any track.



## PLAN AHEAD

Plan your crossing. Establish your position so you can cross the tracks at a 90-degree angle, or as close to it as possible. Do a shoulder check and, if necessary, use hand signals to make sure motorists, pedestrians and cyclists know your intentions.



## PROCEED WITH CAUTION

Metal tracks can be slippery, especially when wet or in snowy conditions; the wheels of your mobility device could skid if you cross too fast or don't cross at a right angle. Also, you may have reduced traction as a result of accumulated gravel and dirt—so proceed with caution.



## GET IMMEDIATE HELP IF YOU GET STUCK

If your mobility device breaks down or gets stuck at a railway crossing, you need to get away from the tracks immediately. Ask passing pedestrians, cyclists or motorists for help in getting you out of your mobility device and moved to a safe distance away (at least 30 metres away from the tracks). Contact the railway company and let them know there is a mobility device on the tracks (most companies post their emergency numbers at crossings either behind the crossbuck or on the signal house) or call 911 so that rail traffic can be stopped immediate-

### REMEMBER:

- Trains are wider than the tracks. They can extend on both sides by as much as 1 metre—so keep your distance.
- Beware of motor vehicles, cyclists and pedestrians also using railway crossings. They may not be aware that people using wheeled mobility devices sometimes need to move into traffic to cross tracks at a safe angle.
- Report any dangerous conditions at railway crossings directly to the railway company or by calling 911.
- An optical illusion makes it hard to determine a train's distance from you, or its speed. Trains are usually a lot closer than they seem—and travel a lot faster.