



## Parents' Railroad Safety Sheet

*Parents, although you may be familiar with the railroad safety rules, it is important your children also understand the rules and behaviors that will keep them safe around trains and railroad tracks. Use this information to have important discussions with your kids on railroad safety.*

### Teaching your Children to be Safe Around Trains and Railroad Tracks

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Be sure to teach your children these important behaviors to follow while riding the train, waiting at the station or crossing at a highway-rail intersection.

- 1. Using Look, Listen and Live.** The practice of using Look, Listen and Live around trains and railroad tracks means more than just listening and watching for oncoming trains. Don't forget to also talk with your children about other hazards that can distract them from using their senses to keep them safe. Remind children to turn off their radios and MP3 devices and to forget about texting and making phone calls while around trains and railroad tracks.
- 2. Understanding the highway-rail advance warning signs and signals.** One in five people do not know the meaning of the Crossbuck sign, one of the most recognized railroad safety symbols. While at a highway-rail crossing, be sure to point out the Crossbuck sign and other advance warning signs and signals and explain to your children the meaning of each. For more information to use in this lesson, download the ***Railroad Safety Signs & Signals*** sheet which can be found on the contest Web site's Teacher's Section.
- 3. Always be aware of your surroundings.** Remind your children of the importance of being aware of what's going on around them. Whether on a train, at a high-way rail crossing or waiting at the station, anytime is train time. Most trains do not travel on a regular schedule so trains can come in any direction at any time.

### Quick Tips and Reminders

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- Hold children's hands when crossing the street and railroad intersections and set a good example; only cross at designated areas, look both ways and cross quickly without stopping.
- Remind your kids that the train they see is closer and moving faster than they think. If you see a train approaching, wait for it to go by before you proceed across the tracks. Even if the engineer sees you, it can take a mile or more for a train to stop!
- While waiting for a train, stay well away from the edge of the platform. You could lose your balance or slip and fall onto the tracks. While waiting at a station without a platform, always remember it isn't safe to stop closer than 15 feet from the rail.
- Teach your kids to dismount and walk their bikes across the tracks so bike wheels do not get caught in the rails.
- Do not stop once you start – If you start crossing and flashing lights begin, do not freeze; keep going. Warning signals, when first activated, allow enough time to continue over the crossing before the train arrives.

Parents, don't forget to check out our ***Driver Education*** materials as well to discuss important railroad safety tips with teenage children. We also encourage you to utilize the material in our ***Teacher's Section***, which includes fact sheets, matching games, coloring pages, quizzes and our new ***Railroad Safety Fun Sheet*** to make railroad safety discussions more interactive and fun.