

Travel Safer – Helpful Information



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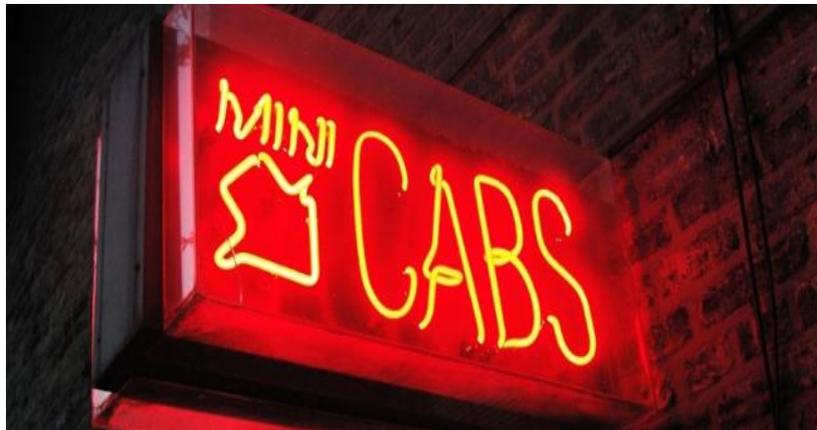
During the winter months with the darker mornings/nights you may find yourself travelling in the dark during your day whether it be to or from work or to meet up with friends as examples. According to ONS data (the Office for National Statistics) over a third of adults (34%) feel very or fairly unsafe using public transport on their own after dark whilst one in two women and one in five men felt unsafe walking alone after dark in a busy public space. Below is some information that you may want to consider for staying as safe as possible when travelling on

- If you are not familiar with your route or if you're travelling somewhere new. It can be useful to practice your route in daylight and check your route before setting off. If you become lost and need to look at directions try to find a public place to do this which will avoid you walking round aimlessly and potentially becoming more vulnerable.
- Make someone aware of your route and if possible, exchange mobile numbers so you can let them know of any issues. Having someone know your estimated arrival time is also beneficial as they can act if you fail to arrive.
- Stick to public areas where you can be seen. Do not be tempted to take shortcuts through woods, alleyways, fields, or parkland.
- Areas with low visibility can be prone to accidents involving vehicles and bikes. Wearing reflective or brightly coloured clothing allows drivers and bikers to see you as you walk along, particularly in areas without streetlights.
- A torch or headlight can also help drivers see you if there are dark stretches of road on your route. If you do not own a torch, most mobile phones can be used as torches to provide an additional source of light or means to be seen.



Tips for making other people feel safer.

- When walking behind someone, try to leave a good amount of distance between yourself and the person ahead of you. Remember that the closer you are, the more threatening you might seem.
- If you're out for a run or walk and see someone ahead and you plan on passing them, you might want to cross the road or call out that you are going to pass them leaving plenty of space when you do to avoid causing them any distress.
- Don't stare - A stranger staring at you can be intimidating and unsettling. Focus on something else to show you're not a threat.



Mini cabs look like any other private car. Most of them are licensed, from reputable companies and bookable by phone, online or via mobile phone apps. However, some are unlicensed and look for customers on the streets, usually at night.

While it is tempting to jump in the first 'minicab' you see, never get into an unbooked car because there will be no record of your journey or driver, and it puts you at risk.

Booking your minicab means your trip will be conducted by a licensed, insured driver in a licensed, insured vehicle. A record of your journey, driver and vehicle will also be logged so that, in the event of any issues, the driver can be traced. Always be sure to make note of or take a picture of the vehicle's number plate and licence number and ensure the vehicle you get into is the one you booked; you could ask the driver the name they are due to be picking up. Also try to make someone aware of the trip you are taking if possible.



When using public transport, you may wish to consider the following.

- Trust your instincts – if you are sat somewhere and feel uncomfortable move away if you can.
- Keep your valuables close and secure, in zipped pockets or a bag is a good idea.
- When travelling on a bus, try to sit as close to the driver as possible where they can see you. Likewise, when on a train, try to avoid sitting in an empty carriage where possible.
- If paying in cash – try to have your fare ready so you do not have to get a purse or wallet out when paying.
- Make someone aware of your travel plans / route.
- If you see something suspicious, do not be afraid to report it.

Safety Features Available on Mobile Phones

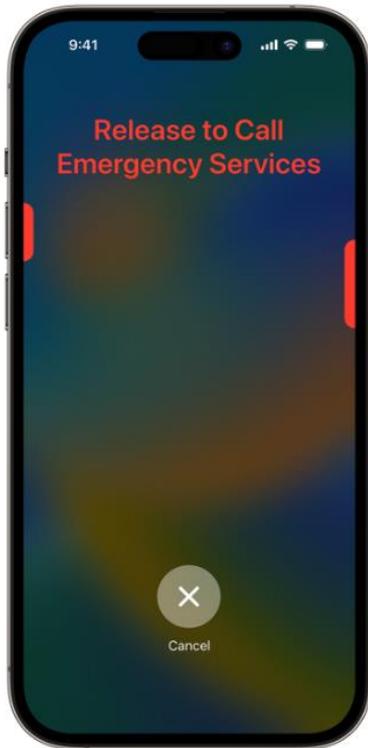
Emergency SOS features are now available on smart phones to help users. On iPhone you can trigger your device to sound an alarm that will then automatically call the emergency services.

You can also add emergency contacts who will be alerted via a text message following the end of the call to the emergency services unless you choose to cancel this. Your iPhone sends your current location, and for a period of time after you enter SOS mode, your emergency contacts receive updates when your location changes.

Call emergency services

Make the call on iPhone 8 or later:

1. Press and hold the side button and one of the volume buttons until the Emergency SOS slider appears.
2. Drag the Emergency Call slider to call emergency services. If you continue to hold down the side button and volume button, instead of dragging the slider, a countdown begins and an alert sounds. If you release the buttons after the countdown, your iPhone automatically calls emergency services.



Further information relating to the features on iPhone including older devices can be found here - <https://support.apple.com/en-us/HT208076>

Android devices have similar features available on them and you are also able to record an emergency video. When emergency SOS is triggered, some devices give you the option to record a video for up to 45 minutes using the front and rear cameras. You can still use your phone during the recording and the video is backed up.

Further information for Androids can be found here - <https://www.androidpolice.com/how-to-set-up-emergency-sos-features> / <https://support.google.com/android>

Personal Safety Alarms

Personal safety alarms are widely available and can be useful in drawing attention in an emergency situation, so these may be a good thing to consider if you are travelling alone. Alarms have different ways to activate them such as push buttons or pull-out pins. These alarms can be small enough to wear on a lanyard, keep in your pocket or attach to your clothing/bag. Basic alarms can be purchased for a relatively low cost but there are more advanced options available that are more costly. These could have features such as GPS tracking and the ability to connect you to a control room when the alarm is sounded.

Further Information

<https://www.suzylamplugh.org/personal-safety-out-and-about>



<https://simplisafe.co.uk/blog/how-to-stay-safe-on-dark-nights>



<https://www.merseyside.police.uk/cp/crime-prevention/personal-safety-how-to-stay-safe/>

