



Hartlepool
Borough Council



Travel safe in Hartlepool

www.hartlepool.gov.uk



My Safety



Before you go out, tell someone...

- » Where you are going
- » How you are getting there
- » How you are getting back
- » What time you are getting back
- » Who you are going with



Plan your route!



When you're out and about:

Look confident

- » **Keep valuables out of sight:** Use a zipped pocket or a securely closed bag.
- » **Stay aware:** Avoid using earphones while out.
- » **Stay safe:** Stick close to other people.
- » **Keep your bag visible:** Ensure it's within your sight.
- » **Carry keys separately:** Use a zipped pocket for keys.
- » **Avoid underpasses and unlit areas:** Stick to well-lit paths.
- » **Avoid shortcuts through isolated areas:** Stay on main routes.
- » **Avoid dangerous places:** Trust your instincts and stay away from risky areas.



Keeping your money safe

- » Don't carry more money than you need
- » Keep your money in your purse or wallet
- » Carry loose change for your bus fare



Things you should take with you



Keys: Keep your keys in a safe place.



Money: Carry some change for bus fare, but don't carry too much money.



Useful Phone Numbers: Have a list of important phone numbers like your parents, carer, day centre, college or work.



Bus Pass: Keep your bus pass in a safe place.



ID: Carry some identification and keep it separate from your bus pass.



Bridge Card: If you need help using public transport, carry a Bridge Card. Show it to staff for extra assistance.*



Personal Alarm: Carry a personal alarm for safety, especially if you go out when it's dark.



Mobile Phone: Make sure your phone is charged and has enough credit to make calls. Keep it out of sight when not in use.

Meditag – If you have a medical condition like diabetes or epilepsy you can wear a meditag bracelet or necklace to let others know if you need help.

You can get a Bridge card from any Community Hub, Day Centre or the Civic Centre.

Things you need to know when you're out and about

Road Skills

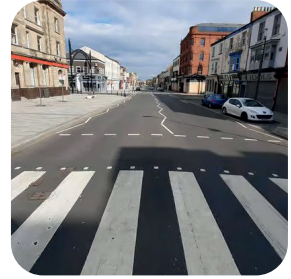
Using a pedestrian crossing

- » Push the button – the wait sign will light up.
- » DON'T cross when the red man is lit.
- » When the green man lights up, make sure all the traffic has stopped before crossing the road. Walk quickly but do not run.
- » Keep looking and listening for traffic while you cross the road.
- » If the green man is flashing do not start to cross the road.



Using a zebra crossing

- » Stand on the pavement beside the zebra crossing.
- » Look right and left and wait until the traffic has stopped in both directions before starting to cross.
- » Keep looking and listening for traffic while you cross the road.



Traffic Islands

- » A traffic island can help you to cross the road.
- » You must cross each side like it's a separate road. Use the Green Cross Code while you are crossing.
- » REMEMBER – cars do not have to stop for you when you cross at a traffic island.



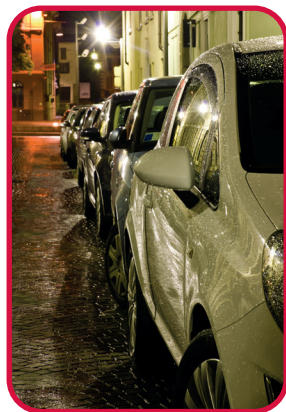
Bridges and Underpasses

- » Footbridges can be used to cross very busy roads (but we don't have any in Hartlepool).
- » Underpasses – If you are alone, underpasses are not a good way to cross the road as you may be at risk of crime.
- » It is better to walk further and find a pedestrian crossing.

The Green Cross Code

There probably will not be a pedestrian crossing on side roads. You will have to use the Green Cross Code, after finding a safe place to cross.

- » **Find a Safe Place to Cross:** Choose a spot where you can see traffic clearly in all directions.
- » **Stop at the Kerb:** Pause just before you reach the edge of the pavement.
- » **Look Around:** Check for any approaching traffic.
- » **Listen for Traffic:** Pay attention to the sounds of vehicles. Bear in mind that some electric vehicles are very quiet.
- » **Let Traffic Pass:** If any vehicles are coming, wait until they pass.
- » **Cross When Clear:** When the road is clear, walk straight across quickly but don't run.
- » **Stay Alert:** Keep looking and listening for traffic while you cross.



Crossing between parked cars

Try not to cross between parked cars. If you have to, look and listen to make sure the cars are not going to move.

Stand in the road between the parked cars and use the edge of the cars like a kerb.

It is NOT safe to cross:

» Near a junction



» Near a bend



» On the brow of a hill



Other things to look out for

Emergency Vehicles with flashing lights and sirens

- » Police cars
- » Fire Engines
- » Ambulances
- » Coast Guard

If you see or hear these **DO NOT** cross the road. They can be going very fast and may not be able to stop.

- » Look out for cyclists – remember that you may not hear them coming.
- » Take care around bus lanes – buses may be moving faster than the rest of the traffic.

Be seen

You can make it easier for drivers to see you by wearing the right clothes. You can wear or carry something that is bright. At night drivers will see you better if you carry something reflective.



Using the Bus

Before you go out...

Plan your journey – you will need to know:

- » What number bus you will need to catch
- » Which bus stop you need to use
- » Where to get off the bus

At the bus stop

- » Look for the bus stop sign. This should tell you which services use that stop and will help you if there are a lot of stops close together, like in the town centre.
- » Some bus stops have a shelter. Make sure you're standing or sitting where the driver can see you.
- » When the bus is coming, hold your arm out to let the driver know you want them to stop. If you aren't sure, always hold out your arm. When the bus stops tell the driver where you want to go.
- » Have your bus pass or your money ready before the bus arrives.



On the bus

- » Pay the driver or place your bus pass on the top of the ticket machine.
- » If you need assistance show your bridge card if you have one. The driver can help if you need extra time to sit down, or don't know which stop to get off.
- » Try to sit at the front of the bus near the driver.
- » Some buses have a space for people who use a wheelchair. You can sit here, but if someone gets on the bus who needs this space you will have to move.
- » When you are near your stop, ring the bell once. The 'bus stopping' sign should light up. Stay in your seat until the bus has stopped.



Ask the driver to help you if

- » You are unsure about which bus to get.
- » You are unsure about when to get off the bus.
- » You think you may have missed your stop.
- » People are bothering you on the bus.
- » The bus breaks down or changes its route.



DON'T BOTHER ME!

If you think someone is following you

- » Go into a shop or a busy place and ask for help. Some places will show a Safe Place sticker in the window. Staff in these venues will have been trained in ways to help you, but other venues should be able to help by keeping you calm, calling family etc.
- » Don't try to hide somewhere quiet.



NEVER GET INTO A CAR WITH A STRANGER

Never get into a car with someone you don't know unless you've booked a taxi and checked the driver has photo ID on display.

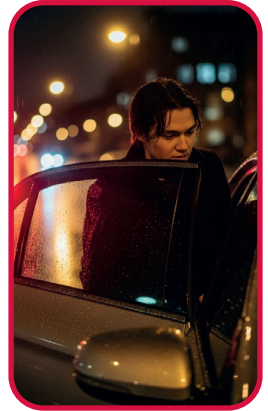
If someone stops to ask you directions, never get into the car with them.

If someone tries to touch you, shout as loud as you can. Tell the people around you what is happening. If you're on a bus tell the driver.

Remember – if someone is bothering you, say, "I'm meeting a friend in a minute!".

If someone is calling you names or threatens you:

- » Try to ignore them.
- » Don't shout back – it might make things worse.
- » Keep as calm as you can.
- » Go somewhere busy like a shop or a library.



Who can help?

If you need help while you're out, it's best to talk to someone in a uniform. People in uniform are usually trained to help. A police officer, a school crossing patrol or a bus driver.

If you can't see someone in uniform, go into a shop or library and ask the staff there to help you.



Safe Places

The Tees Wide Safe Place Scheme can help you if you ever feel worried or scared or need a bit of extra help. You might need support if:

- » You are lost.
- » You have lost something like a wallet or your purse.
- » Someone has stolen something from you.
- » Someone is bullying you. There are lots of places you can go to around Hartlepool if you need help. This includes community hubs or libraries, council offices, shops and cafes. You will know they are a safe place if they have the above logo in their window.

Talking to the police

There are other crimes that could happen when you're out and about, such as a physical attack or mugging, and these should be reported to the police.

Remember that these attacks are not as common as it would seem from watching the news or seeing on social media.

If something does go wrong try to remember as many details as possible. This will help the police catch the person or people.

Try to remember:

- » Where it happened.
- » How it happened.
- » When it happened.
- » What happened.
- » Who did it.





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Passenger Transport Services
01429 401969

www.hartlepool.gov.uk

