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Our mission is to campaign, educate and support people to help reduce the risk of violence and aggression for everyone.



Suzy Lamplugh Trust was founded in 1986 following the disappearance of the young estate agent. The aim of the Trust is to raise awareness of the importance of personal safety and to help people to avoid violence and aggression and live safer, more confident lives.

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Find us on:



KEEPING SAFE

TRANSPORT SAFETY

WAS THIS HELPFUL?

**To download more FREE
KEEPING SAFE GUIDES**

please visit:

<http://www.suzylamplugh.org/tips>

Safety on Transport

Travelling by train, bus or taxi/minicab is generally very safe but violent and aggressive incidents do happen, so it makes sense to take a few simple precautions to improve your safety and increase your confidence.

If you feel threatened

Trust your instincts - If you are at all worried, ask the driver to stop in a busy area and get out of the car.

If the driver refuses to stop, use a mobile (if you have one) to call the police and alert other drivers and pedestrians by waving or calling out the window.

Cycling Safety

Keep your bike in good working order.

Repairs are best done at home rather than on the road.

Always look like you know where you are going.

Look competent and dress to be seen and to be safe. Remember to wear a safety helmet.

Obey the rules of the road and make sure you are aware of your surroundings.

Avoid short-cuts even if you are in a hurry. Never cycle anywhere you would not be comfortable walking.

Don't be afraid to pedal hard out of or around potential trouble.

Don't let your bike get stolen. Make sure you buy a secure chain and padlock for it.



TOP TIPS

**LIVE
LIFE
SAFE**
suzy lamplugh
trust

Using Taxis & Minicabs

Always use a taxi or licensed minicab.

Taxis (Hackney Carriages) can be hailed in the street. They look like purpose-built taxis or black cabs and have an illuminated taxi sign on the roof.

Licensed minicabs cannot be hailed in the street. They must be pre-booked. The driver should have ID and the vehicle will have some sort of license displayed on it.

Always carry the telephone number of a trusted, licensed company with you.

When booking a taxi or minicab, ask for the driver's name, as well as the make and colour of the car. Confirm the driver's details when they arrive – is it the taxi or minicab you ordered?

Sharing a taxi or minicab with a friend and sitting in the back of the car are good safety strategies.

If you chat to the driver, be careful not to give out any personal details.

REMEMBER - Minicabs that pick up fares on the street, without being pre-booked, are illegal, uninsured and potentially very dangerous.

On Public Transport

Know where you are going and which stop you need. Check departure times, especially of last buses or trains.

Try and have your ticket, pass or change ready in your hand so your purse or wallet is out of sight.

If travelling at night or in an unfamiliar area, try and arrange for someone to meet you at the bus stop or train station. Otherwise try to walk near other people with whom you feel safe, and walk purposefully to your destination.

Wait for a bus or train in a well-lit place near other people whenever possible.

Carry extra money in case you get stranded and need to take another bus, train or cab.

If a bus is empty or it is after dark, it may be safer to stay on the lower deck and sit near the driver.

On trains avoid compartments which have no access to corridors or other parts of the train. Try to sit with other people and avoid empty carriages.

If you feel uneasy, move to another seat or carriage.

If you feel threatened, make as much noise as possible to attract the attention of the driver or guard.