



# Educator Guide: Bus and Train Safety Lesson

## **Recommended for Grades:**

5<sup>th</sup> and 6<sup>th</sup> grades

## **Time:**

6 minutes

## **National Health Education Standards:**

This lesson aligns with the following National Health Education Standards:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. Explain how to use caution around trains and railroad tracks.

## **Lesson Description:**

In this video-based lesson, students will learn how to stay safe around buses and trains. Please note that schools may have different procedures for getting students on and off a school bus (which may contradict what is shown in this lesson). Check your local city ordinance and school district policy and procedures for school bus safety information specific to your community. If your procedures are different than those in this lesson, you can use this lesson to start a conversation with your students on your school district's bussing protocols and how and why your protocols might be different. Or, you can choose to have your students skip the bus portion of this lesson.



### Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. It is safe to walk on railroad tracks as long as there is not a train in sight.
  - A. True
  - B. False**
  
2. Choose two rules that will help you safely cross railroad tracks.
  - A. Stand close to the railroad tracks so you can see if a train is coming.
  - B. Turn off all music and put away all electronic devices.**
  - C. Only cross railroad tracks at unmarked railroad crossings.
  - D. Wait for all train signals to end and look both ways before crossing.**

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Pedestrian Safety Resources for Families and Educators

Safe Kids WI, <https://www.safekidswi.org/Resources/Pedestrian-Safety>

Safe Kids Worldwide, <https://www.safekids.org/walkingsafelytips>

Safe Routes to School, <https://www.saferoutespartnership.org/safe-routes-school>

WI Department of Transportation Safety,  
<https://wisconsindot.gov/Pages/safety/education/pedestrian/default.aspx>

US DOT, National Highway Traffic Safety Administration (NHTSA),  
<https://www.nhtsa.gov/road-safety/pedestrian-safety>



# Transcript

## Slide 1

Welcome back! In this lesson we're going to talk about two topics that you might not normally think of when thinking about pedestrian safety, but it's important that you do! We're going to focus on how to stay safe while getting on and off busses and how to stay safe around railroad tracks and trains.

## Slide 2

Do you have any idea how many people get hurt crossing train tracks?

About 500 a year. It doesn't matter where you live, city or country, there's likely to be some tracks somewhere nearby.

Maybe they are freight trains or commuter trains, or even subways.

Whatever the kind of train, if you ever have to cross the track, you have to know how to do it safely.

The tricky thing about trains is that they don't always have a schedule. So you never know when one may be coming.

Trains are loud. But if you're not paying attention, you might not hear them, especially if they don't blow a horn when they're coming.

Trains are also very heavy. And though they might look like they're moving slowly, they still need lots of space to stop, and they cannot stop quickly. So if someone or something is on the tracks, the train may not have enough track to stop.

Actually, it takes a train going 55 miles an hour a full mile, that's over 17 football fields, to stop. It would take most people 20 minutes to walk that far. By the time you can see the train, it is already too close to stop for you.

So trains are tricky, but crossing the tracks doesn't have to be. Here are some tips that will help.

First, when around train tracks, take off all music and put away all electronic devices to make sure you're paying full attention at train crossings. Like I said, even though trains are loud, headphones and ear buds can block out the sounds of a train, even when its blowing its horn.



You want to be able to hear the engine, horns, and bells at the crossing signs.

Walking parallel to train tracks, make sure you're at least 20 feet away. That's how far we are now. Here's how to safely cross train tracks when you need to. Only cross at marked railroad crossings like these.

Trains may not blow their horns. So never cross when the stop arm is down, even if you don't see a train coming. Remember, the arm doesn't go across the sidewalk. So you have to look at the street to see if it's down blocking traffic.

Never try to cross the tracks if a train is coming. Trains are very large and heavy and take a long time to stop, and are going faster than they appear to be.

When the train is coming, stand at least 10 giant steps or 20 feet away from the tracks. If one train passes, make sure another isn't coming. Trains can come from all directions at any time on any track.

Wait for all signals to end, even if they seem to be taking forever and you want to get moving. Never cross the train track when the lights and bells are on and the arm is down. Wait for all signals to end fully and look both ways before crossing. This should go without saying, but walking or playing on or near railroad tracks is super dangerous and dumb. Just don't do it.

### Slide 3

If you get tired of walking everywhere, maybe you'd rather hop a bus to get where you are going.

Or maybe you take the bus to school. Either way, while waiting your turn for the bus, you still have to think about being safe on the sidewalk or road.

Here are some tips to make your bus waiting smooth and safe.

Get to your bus stop at least 10 minutes early, so you don't have to run to catch it. Running to catch a bus is lame and can cause you to trip.

While waiting for a bus, stay away from traffic. Wait at the designated bus stop at least 10 feet or five big steps back from the street.



When the bus arrives, stand 10 feet, about five giant steps away from the bus and line up away from the street while it comes to a complete stop. Wait for the bus to stop, door open and driver to say it is okay to get on the bus. They'll open the door for you, isn't that nice?

Whether getting on or off of the bus, use the handrails and make sure nothing of yours, like your backpack or clothing, is dragging or can get caught in the handrails or doors.

When you get off of the school bus, cross in front of the bus, if you need to get to the other side of the street. Of course, look for other traffic before crossing, but also make sure you are at least 10 feet or five giant steps in front of the bus so the driver can see you. If you can't see the driver, he can't see you.

Stop at the edge of the bus nearest driver to look left and right for traffic before crossing,

Guess why you never crossed mine to stopped bus. They can't see you.

If you drop something near the bus, tell the driver. Do not try to pick it up because the driver may not be able to see you. Wait for the bus to leave or ask the driver for help to get it.

While waiting your turn to get on a bus, never reach through an open window to take an item from a friend.

If you are taking a city bus, have your money or fare card ready to show so you can quickly move to a seat after you get on.

Never cross the street in front of a public bus. You can only cross in front of school buses because they have the little stop sign they can pull out to make cars stop behind them. City buses can't stop traffic, so just wait until the bus pulls away, then cross.

Cross at the crosswalk or street corner and wait for the light to turn green or for the walk signal.

Remember, take your safe route home.



Slide 4

Did you know teens are at a high risk of pedestrian injury? Use the safe pedestrian tips to keep yourself safe and reduce your risk of injury while crossing streets.

And, not only will setting a good example when it comes to pedestrian safety rub off on younger children and your friends, it will also keep you safe!





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

