

Hit by a Train Video Facilitation Guide

for Operation Lifesaver Authorized Volunteers

Background

The *Hit by a Train* video uses dark, ironic humor to make the point that common daily occurrences and choices can lead to collisions. This short presentation uses the unexpected framing of “trying” to get hit by a train to engage participants in identifying myriad dangerous behaviors that may have been invisible to them.

Audience:	General Adult Audience
Materials:	<i>Hit by a Train</i> Video, Chart Paper
Preparation:	Download and watch video in advance

Key Messages

- Distracted driving around trains and tracks can lead to a collision
- Look both ways before crossing tracks, even if a train has just passed by
- The phone and location identification numbers on the Emergency Notification System (ENS) sign can help you summon help quickly

Introduction

*As a volunteer for Operation Lifesaver, I make presentations to various groups of people in an effort to reduce tragic incidents on and along railways. Usually, we talk about safe behaviors around trains and tracks, but today, we're turning that on it's head: we're going to talk about everyday choices that could lead to being hit by a train...as though we were **trying** to get hit by a train.*

We'll begin with a short video that offers us some “tips” to get us started.

Watch Video

Hit By a Train

What two behaviors were mentioned in the video that could lead to being hit by a train?

Record participants' answers on chart paper. After both are named, discuss each in greater detail.

Behaviors mentioned in the video include:

- **“Drive Distracted”** In the video, radio, phone, arguing with passengers and eating/drinking were named as sources of driving distractions. Once you have completed a list recalling these items, work together to generate a full list of potential distractions. Ask participants for ideas beyond those included in the video. Possible Prompts: *What else could/might distract you when driving? Any other distractions?*
- **“Never Look Both Ways”** - *Why would looking both ways matter? Some railroad crossings have multiple tracks. When one train passes by, the people waiting at the crossing may believe it's safe to cross, only to be surprised by another train, which could even be coming from the other direction.*
 - Ask participants: *Who remembers...how far can a freight train travel before coming to a complete stop, once the engineer has applied the brake? (Answer: A mile or more.)*

Build on this initial list by asking: *Does anyone have any **other ideas** about behaviors or choices that could lead to being hit by a train?*

If there were to be an emergency, what tip was given in the video to avoid summoning help immediately?

- “Don’t Look for the Emergency Notification System sign”

What is an Emergency Notification System sign? When would you call the phone number listed on it?

What other number will you find on this sign?

Conclusion

Was there anything we discussed today that surprised anyone?

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