**FHS – SAFETY ADVICE TO STUDENTS TRAVELLING TO AND FROM PLACEMENT**

**General Advice – Be prepared**

* Familiarise yourself with your placement providers policies and procedures prior to commencing placement.
* Shift start and finish time.
* Notification of absences.
* Booking holiday entitlement if applicable for your course.

**We recommend**

* You plan your journey before you travel.
* You make sure someone knows when and where you are travelling.
* You carry a mobile phone and ensure it is charged.
* When travelling in a group arrange a meeting point in case you get separated.
* You liaise with your placement if you struggle to make early/late shifts, ensuring you can travel safely.
* You consider travelling with other students on the same placement.

**On foot – including getting to and from public transport stops**

* Try to avoid walking alone at night in places such as car parks and side streets. If you do walk, stick to busy locations with good street lighting.
* When walking on the pavement, where possible always face oncoming traffic.
* Avoid shortcuts, unless you know they are safe.
* Keep your hands free, do not walk with your hands in your pockets.
* Avoid groups of rowdy people.
* If you see anything suspicious, stay in well-lit areas or places here there are more people.
* If you are travelling to an unfamiliar area, plan your route carefully and if possible do a trial journey.
* If a car pulls up beside you and you feel uncomfortable, turn and walk in the opposite direction.
* Hide portable, valuable property e.g. laptops, watches, wallets.
* Bags should be worn across the body.
* Keep house keys in your pockets, a different place from your bag or wallet.
* Carry a torch if dark, also carry a personal alarm.
* Be aware of your surroundings especially when wearing headphones, texting etc.
* If you are attacked, you are more important than your property – you are likely to get less hurt without a fight.

**Using public transport**

* Check the routes to and from your placement prior to placement commencing.
* When you board the bus/train choose a seat/carriage where you feel comfortable. Protect your privacy; do not display documents or laptops which could alert thieves.
* Familiarise yourself with where the emergency alarm is located.
* Report any concerns or incidents to the driver as well as your Personal Supervisor.
* If someone meeting is meeting you make sure they are aware where to meet you.

**Taxi/minicab**

* Always use a licensed taxi or licensed minicab from a reputable company.
* Confirm the driver’s details when they arrive to ensure it is your taxi.
* If you feel uncomfortable/uneasy ask them to stop in a busy/familiar place.

**Car**

* Ensure your car is kept in a roadworthy condition and you have sufficient fuel for your journey.
* If you have car problems stop in a busy well-lit area.
* If you think you are being followed drive to the nearest police station.
* If you are approached in traffic open your window only slightly to hear.
* If you are bumped from behind, stay in the care and keep the doors locked. Wait for the other driver to come to you. If you are suspicious ask the driver to follow you and drive to the local police force or use a mobile phone. Sound your horn or flash your lights to summon help.

**Car Park Safety**

* Park only in well-lit areas, have your keys ready when returning to your car so that you can get in swiftly.
* Try to use a parking bay near the exit.
* Reverse into parking spaces.
* Ensure your vehicle is locked and all valuables are locked away.
* Check the interior of your vehicle before entering. Keep doors lock when driving around town.

**Cycling**

* Wear bright reflective clothes.
* Use lights after dark – white at the front and red at the rear.
* Use appropriate hand signals to indicate that you’re turning left or right.
* Do not use mobile phones or earphones.
* Wear a helmet.