

Safety Advice to Students Travelling to and from Placement

This guidance is based on the University of Hull's personal safety advice which can be found, along with further information about safety advice and services, on the University of Hull website: www.hull.ac.uk/safety

General Advice - Be prepared

Remember, you share responsibility for your health and safety when you are on placement and travelling to and from placement. This includes making sure you are familiar with the placement provider organisation's policies and procedures for:

- Shift start and finish times,
- Notification of absence due to sickness,
- Booking holiday entitlement if applicable to your course.

Be assertive

- From the moment you step out onto the street, look assertive and act and walk with confidence. This will always make you appear in control and much less vulnerable.

We recommend that you:

- Plan your journey before you travel,
- Make sure someone knows when and where you are travelling,
- Carry a mobile phone in case you need to contact them,
- Ensure mobile phone is fully charged and readily available,
- When travelling in a group, arrange a meeting point in case you get separated and supply everyone with the same contact number.
- Speak with your placement provider if you are concerned that you will not be able to reach placement on time for early morning shifts OR get home following a late shift.
- Suggest individual negotiation on placement shift start and finish times to allow you to travel to and from your placement safely.

- Consider travelling with other students on placement at the same location.

a) On foot - including getting to and from public transport stops

- Try to avoid walking alone at night in places such as parks and side streets or any unfamiliar environment. If you do have to walk, stick to busy places where there is a lot of CCTV and good lighting,
- When walking on the pavement, where ever possible always face oncoming traffic,
- Avoid shortcuts, unless you know they are as safe as the longer route,
- Keep hands free when walking; don't walk with hands in pockets,
- Avoid groups of rowdy people,
- If you see anyone suspicious, stay in well-lit areas or places where there are more people,
- If you are visiting an unfamiliar area, plan your route carefully, and if possible do a 'trial journey' before you start placement,
- If a car pulls up beside you and you feel uncomfortable with the situation, turn and walk in the opposite direction,
- Hide portable, valuable property (e.g. Laptop in a rucksack),
- Keep expensive (looking) watches and jewellery out of sight and keep wallets in an inside pocket; ideally, personal items of value should not be worn,
- Bags should be worn across the body, so they open facing the body; wearing them over the shoulder presents an easy target,
- Keep house keys in a pocket, different from your bag or wallet, as this might contain details of your home address,
- Do carry a torch if dark,
- Do have a personal alarm readily at hand,
- Be aware of your surroundings; using a mobile phone, whether making a call or texting, wearing a hood or listening to loud music or wearing earphones/headphones all affect awareness of your surroundings,
- Try to avoid using your mobile phone openly in the street or at railway stations; if you have to make a call, find a secure place such as a shop.

- If you are attacked, your safety is more important than your property; you are less likely to be hurt if you let it go without a fight.

b) Using public transport

- Check the routes to and from your placement site before the placement starts, using online route planners e.g. *East Riding of Yorkshire Council Public Transport Journey Planner*, *Hull City Council Journey Planner* and/or local bus company online timetables e.g. *Stagecoach in Hull*, *East Yorkshire Buses*.
- When you board the bus/train, choose a seat/carriage where you feel comfortable.
- Protect your privacy. Giving out personal details on a mobile phone or displaying them on a document or laptop could alert thieves.
- Note where the emergency alarm is located in case you need to use it.
- Report any concerns or incidents immediately to the bus driver/train manager and to your university Academic Support Tutor as soon as possible.
- If someone is meeting you at a station, make sure you know where they will be waiting. Some stations have several exits and car parks.

c) Taxi/minicab

- Always use a licensed taxi or a licensed minicab,
- Only use reputable taxi or mini cab companies,
- Confirm the driver's details when they arrive, so you know that it is the cab you ordered,
- If you feel uneasy with the driver, ask him to stop at a busy familiar place and get out.

d) Car

- Ensure your car is kept in a roadworthy condition and there is always enough fuel,
- If your car starts to play up, stop in a busy well-lit area,
- If you think you are being followed, drive to the nearest police station, or busy place to get help,
- If you are parked up in traffic and approached by someone, lower the window only sufficiently to hear what he/she is saying,
- If bumped from behind, stay in the car 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 station or use a mobile phone. Sound your horn or flash your lights to summon help.

e) Car Park safety

- Park only in well-lit areas where there are already people around (as close as possible to the location you are visiting) and have your keys ready on returning to your car so that you can get in quickly,
- Try to choose a parking bay close to an exit if you will be returning in the dark,
- Reverse into parking spaces,
- Before leaving your vehicle, ensure it is securely locked and that all personal possessions are locked away,
- Keep valuables (e.g. bags, mobile phones) out of sight - never leave them on view when you leave your car,
- Check the interior before getting in and lock the door immediately you get in. Keep car doors locked while driving around town,
- If you are a woman driver, don't advertise the fact - put spare shoes etc. in the boot before leaving the car.

f) Cycling

- Wear bright clothes. Stay safe by wearing bright clothes during the day and reflective clothing/accessories at night.
- Night lights. Use lights after dark - white at the front and red at the rear.
- Signal. Use appropriate hand signals to indicate that you're turning left or right.
- No phones or devices. Don't use a mobile phone or earphones.
- Helmet. Consider wearing a helmet.