

**ILCAS**  
ACT SAFELY AT LEVEL CROSSINGS

**NetworkRail**

SEE MORE AND STAY SAFE  
AT LEVEL CROSSINGS  
**OR YOU'RE ON  
DANGEROUS GROUND**



When you're looking down at your phone, you fail to see the things that happen around you. In fact, texting while walking reduces your peripheral vision to one-tenth of its normal range. This might be okay if you're in bed or on the couch, but this can be fatal at level crossings. So, look up from your device, see more and stay safe. To find out more, go to: [networkrail.co.uk/levelcrossings](http://networkrail.co.uk/levelcrossings)

**STOP**  
  
**LOOK  
LISTEN  
LIVE**