



## Safety Tips Related to Grand Forks Becoming a Quiet Zone Community



On August 20, Grand Forks will become a quiet zone as it relates to railroad traffic. The railroad has been part of a long history in Grand Forks and changes in technology and engineering will now allow trains to pass through our community without sounding their whistles. While this could add to the quality of life in our city, we at Safe Kids Grand Forks remind parents of the importance of teaching railroad safety to their children, especially now that they will not have the whistles to alert them to an on-coming train.

In 2008, approximately 744 people were killed and 1,372 were injured in incidents involving trains in the United States. These incidents involved either trains and pedestrians or trains and motor vehicle occupants. Twenty-two children ages 14 and under were killed, and another 122 were injured, in incidents involving trains. **To stay safe near railroad tracks, parents and children need to discuss and follow these simple life-saving safety rules:**

- Only cross at marked railroad crossings. Always look both ways before crossing the tracks.
- Obey all signs and signals. Listen for a warning bell or train whistle. Watch for flashing lights.
- Never try to cross the tracks if a train is coming. Trains are very large and heavy, and take a long time to stop!
- When a train is coming, stand at least 10 giant steps away from the tracks. If one train passes, make sure another one isn't coming. Trains can come from any direction at any time on any track.
- Get off your bike and walk it across the tracks. Don't forget to wear your helmet when you ride your bike.
- Walking or playing on or near railroad tracks is dangerous.

Safe Kids Grand Forks has resources available for parents and caregivers who would like to provide more education to their children about train track safety. Contact us at [safekids@altru.org](mailto:safekids@altru.org). We would also direct those interested to the YouTube video put together by the City of Grand Forks. Visit YouTube and type in Grand Forks Quiet Zones. So remember, "All Aboard with Safety"!!

Carma Hanson, MS, RN

Coordinator – Safe Kids Grand Forks

Altru Health System

[chanson@altru.org](mailto:chanson@altru.org) or call 701-780-1489