

Connex

## HOW TO TRAVEL SAFELY WITH PRAMS & TODDLERS



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Victorian Institute of Sport

Connex would like to provide you with some important safety tips when travelling on trains.

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## ***When travelling with prams or strollers***

Always apply the pram brakes when waiting on platforms, or when travelling on the train. Keep the pram parallel to the train lines.

Travel in one of the front carriages so that the driver can clearly see you when you enter and leave the train.

When entering the train push the pram into the carriage ahead of you. As not all platforms are level with the train floors, you may have to lift the pram into the carriage.

When leaving the train step out first and then pull the pram out backwards after you.

Boronia, Box Hill, Dandenong, Flagstaff, Flinders Street, Melbourne Central, Parliament, Spencer Street and Watergardens stations have lifts to take you to and from platforms and to street level.

## ***When travelling with babies & small children***

Never leave small children unattended on the platform or in the train.

Parents boarding a train with prams and small children, should hold the child's hand (watch the gap between the train and platform) and help the child board the train. Then push the pram into the train.

Always stand behind the yellow line as the train is approaching or leaving the platform.

When leaving the train, help small children out first (watch the gap between the train and the platform) then step onto the platform and pull the pram out backwards after you.

## ***Remember to always plan your journey***

You can get timetable information by visiting our website at **[www.connexmelbourne.com.au](http://www.connexmelbourne.com.au)** or calling **131 638**.



This brochure has been produced in partnership with The Royal Women's Hospital. To donate to The Royal Women's Hospital call 1300 788 749 or log on to [www.mothersday.org.au](http://www.mothersday.org.au)