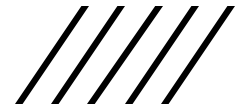
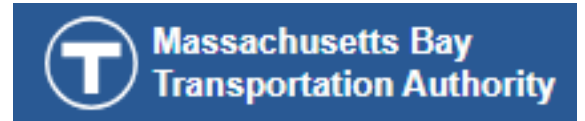
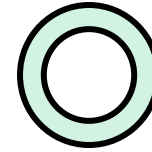


REDEFINING SAFETY:

ABINGTON'S JOURNEY WITH MBTA AND
OPERATION LIFESAVER TO PREVENT RAILWAY
TRAGEDIES

LINDSAY WRIGHT, BSN, RN
PUBLIC HEALTH NURSE
DEPUTY EMERGENCY MANAGEMENT DIRECTOR
TOWN OF ABINGTON, MA





Lindsay Wright, BSN, RN

- Background in Emergency Room Nursing
- Passionate about all hazard's emergency management and disaster medicine.
- Started in Public Health during COVID19 - July 1, 2020, to be exact.
- Currently serving as the Deputy Emergency Management Director for Abington, Public Health Nurse for Abington, and Co-department head of the Abington Health Department.



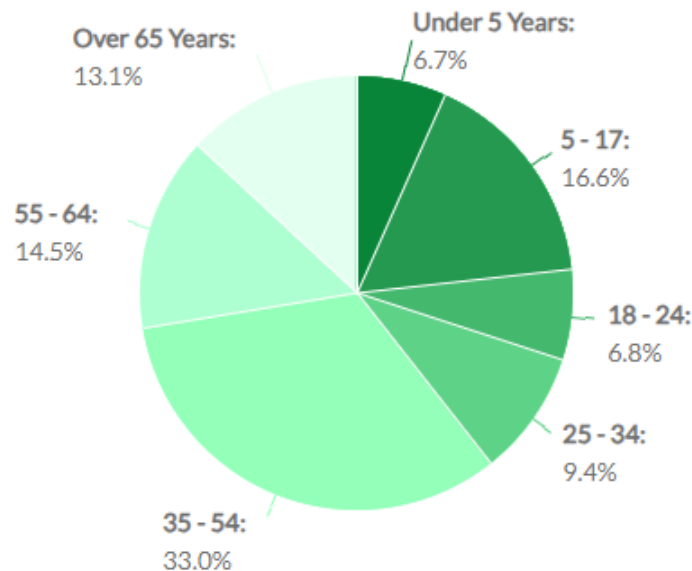
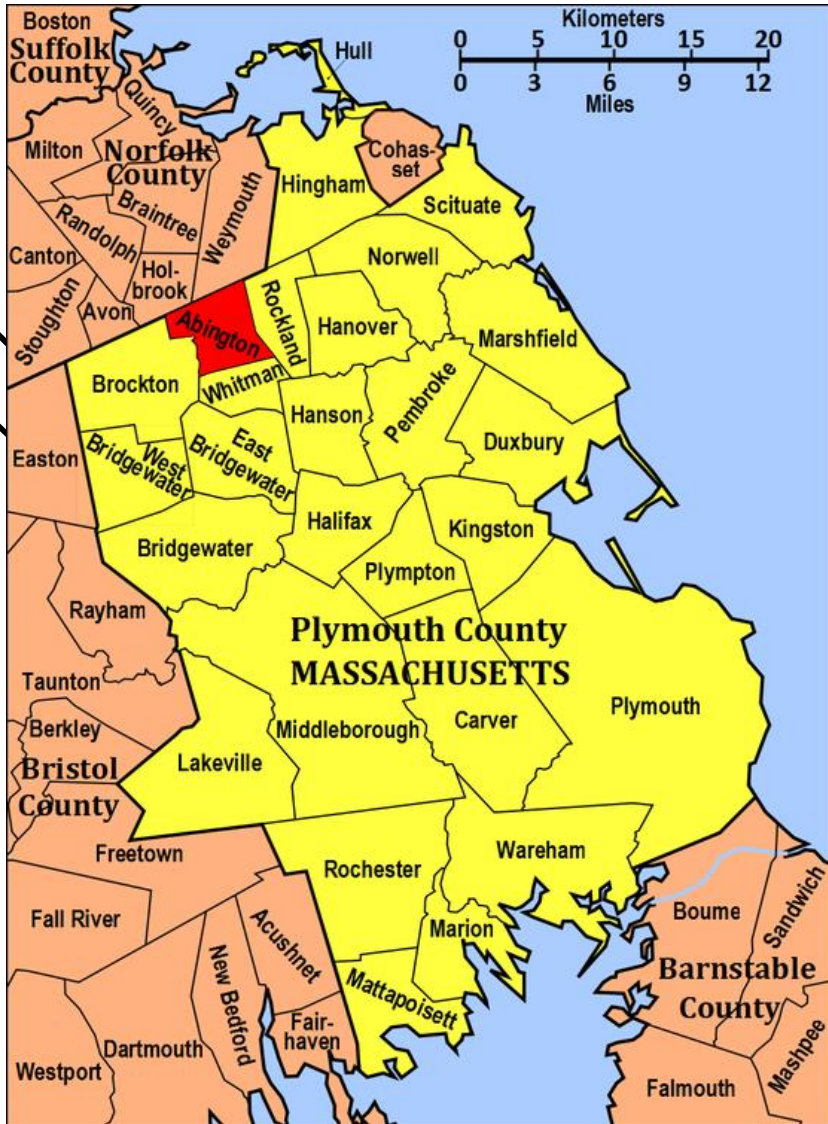
○ Objectives

1. Understanding Rail Safety Basics: Participants should grasp the fundamental concepts of rail safety.
2. Knowledge of Local Rail Infrastructure: Learn about the specific rail infrastructure in the town, including crossings, tracks, and potential hazards.
3. Education Strategies: Explore the various educational methods and materials used to inform the community about rail safety.
4. Replicating the Model: Develop the knowledge and skills necessary to replicate this plan in other municipalities.
5. Awareness of Historical Rail Tragedies: Understand the history of rail accidents in the town, their causes, and the consequences they had on the community.
6. Collaboration and Resources: Gain insights into the partnership with the MBTA and Operation Lifesaver, including the resources, support, and expertise they provide for improving rail safety.



Abington

- 20 miles southeast of Boston
- 9.9 square miles
- 18,244 residents
- Before the Europeans made their claim to the area, the local Native Americans referred to the area as *Manamooskeagin*, meaning "great green place of shaking grass" or as urban legend has it "land of many beavers"



Abington



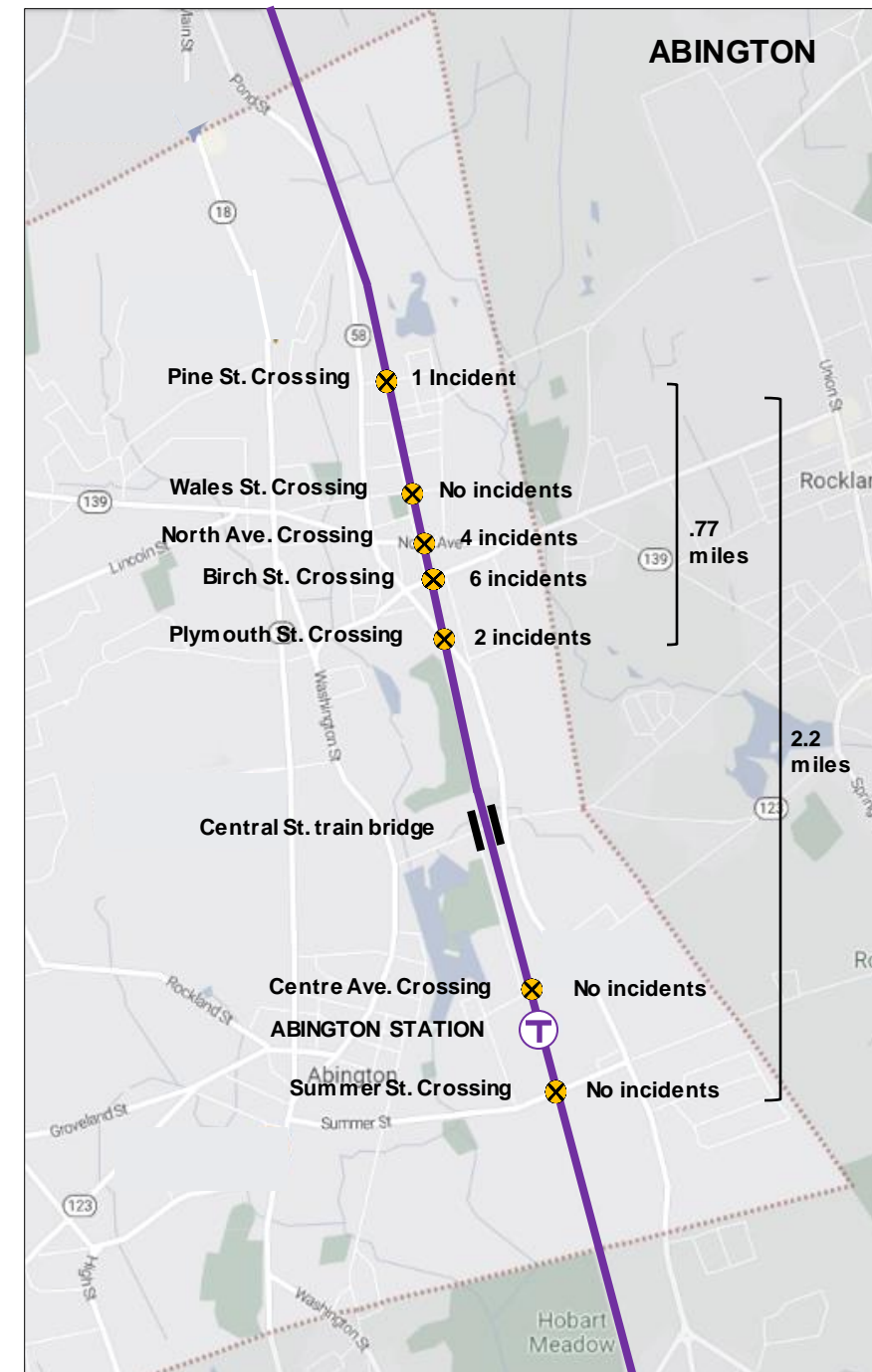
Abington has 7 highway-rail crossings, 1 train bridge, and 1 commuter rail station.

Since 1998, thirteen highway-rail or person-train collisions have taken place. Of the 13 collisions, 6 were fatal.



Incident Details	Number	Percentage
Driver stopped on the crossing, or drove around gate	10	77%
Pedestrian entered/walked on the railroad right-of-way	2	15%
Pedestrian crossed while train approached in opposite direction	1	8%
Total	13	100%

Locations	Number	Percentage
Birch Street Crossing	6	46%
North Ave. Crossing	4	31%
Plymouth Street Crossing	2	15%
Pine Street Crossing	1	8%
Wales Street Crossing	0	0%
Centre Ave. Crossing	0	0%
Summer Street Crossing	0	0%
Total	13	100%



Our Model



- Town of Abington
 - Health Department
 - Education
 - Community engagement
 - Library event – kids to send back pictures of their favorite train facts
 - Outreach
 - Visibility
 - On going reeducation and training to best practices with police, fire and dispatch
 - DPW
 - Manual on Uniform Traffic Control Devices regulations in compliance
 - AbCAM – Local Cabal Access Media
 - Posts PSAs to local channels, runs Track and Train story time, health department round table
- MBTA
 - Infrastructure Improvements and will be seen across the state in coming months
 - Larger LED lights 12in vs 8in incandescent
 - Bollards at rail crossings to prevent incursions
- Operation Lifesaver
 - Continued support from OLI volunteers for events and printed material to hand out at events



○ Operation Lifesaver and Town of Abington Community Partnership Events

June

- Operation Lifesaver Training
- Social Media Postings
- Founders Day Weekend
- International Level Crossing Awareness Day
- Display in town hall entry way

July

- Display in town hall entry way
- Social Media Postings


August

- Presentation at Abington Senior Center
- Storytime Reading Event at Library
- Display in town hall entry way
- Social Media Postings

September

- Social Media Postings
- Display in town hall entry way
- Yankee Conference Display Table
- Fire Department Education Sessions
- Reading at local daycares “Tracks and Train”

October

- Social Media Postings
 - Display in town hall entry way
 - MHOA Conference
 - High School Education Sessions
- 

12:17



Abington Health Department
30m · 🌐

We are very excited about the community partnership with Operation Lifesaver! Looking forward to many opportunities to increase all of our knowledge about the rails! One thing is for sure the staff of the health department has already learned so much in the past few weeks and can't wait to start sharing! Stop by our office to pick up some new reading material and be on the lookout for new programming coming soon! #seetracksthinktrain




Comment as Lindsay Wright



Abington Health Department

Aug 1 · 🌐

Join Us for Story Time!
Abington Public Library
August 3, 2023
10:30a-11:30a
Abington's Public Health Nurse Will Be
Joined By Other Members of Operation
Lifesaver to Read:
"Trains and Tracks"
Come Learn About Rail Safety With Us!

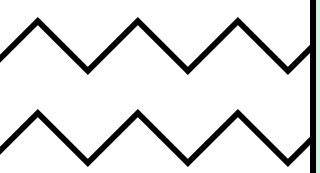
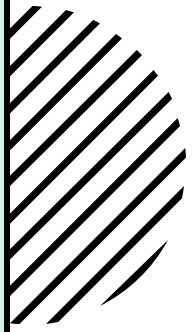


OPERATION LIFESAVER
Rail Safety Education

Programing will be geared toward families with children ages K-2 however, all are invited and welcome to attend event!

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2 shares



Jul 25 · 🌐

<https://oli.org/tuesday-train-track-trivia-july>



oli.org

Tuesday Train Track Trivia - July | Operation Lifesaver

1

Like Comment Share

Jun 15 · 🌐

Today is International Level Crossing Awareness Day. For more information, stop by Town Hall. You can also click the link below:

<https://ilcad.org/>



Alex Hagerty and 3 others

2 shares

Like Comment Share

Jun 28 · 🌐



youtube.com

Find the Blue and White ENS Sign PSA 30 Operation Lifesaver Inc 1080p

Like Comment Share

Town Hall Lobby Display



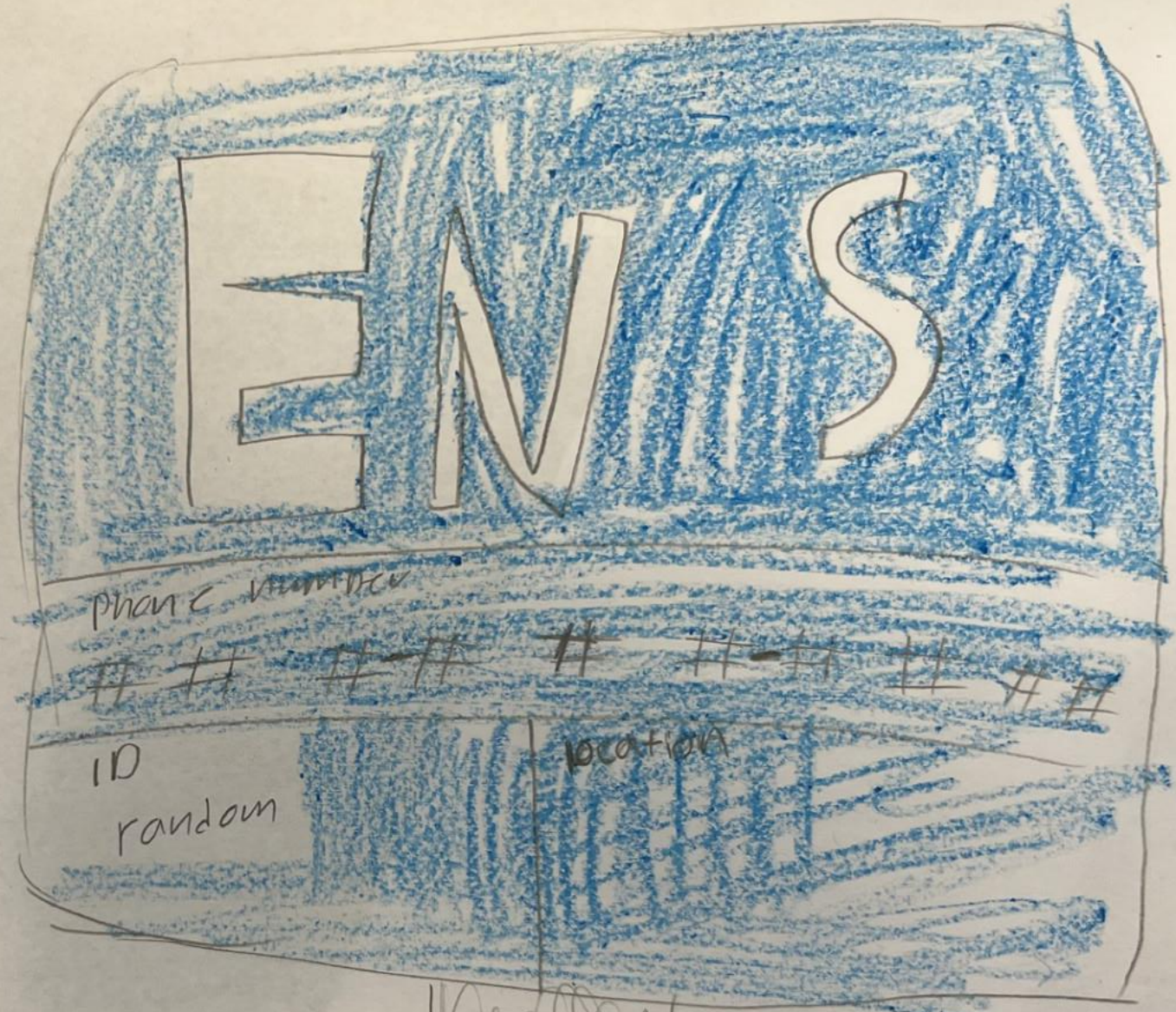


Kickoff to Summer Reading Event

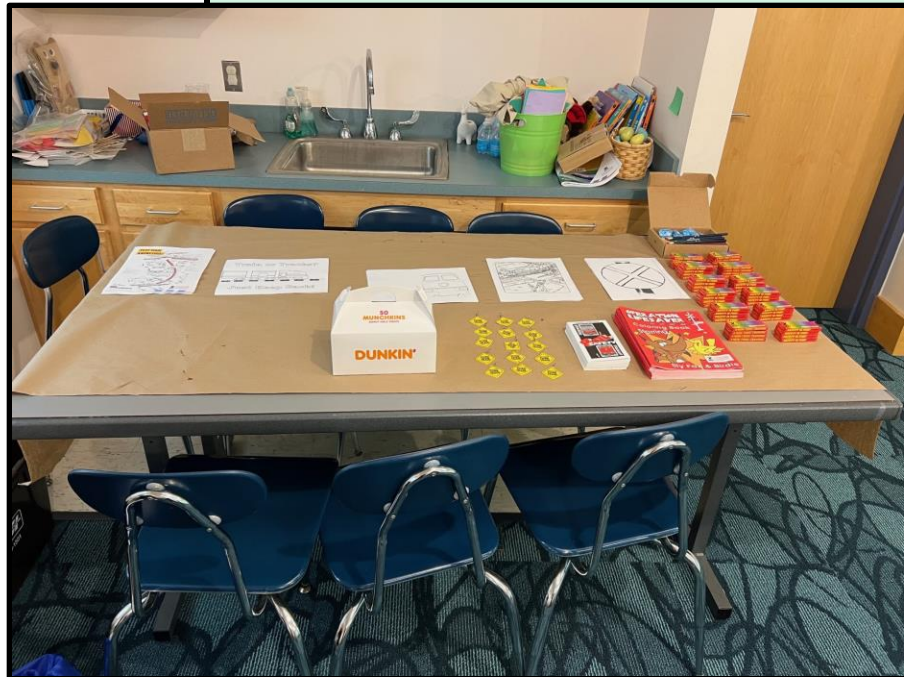
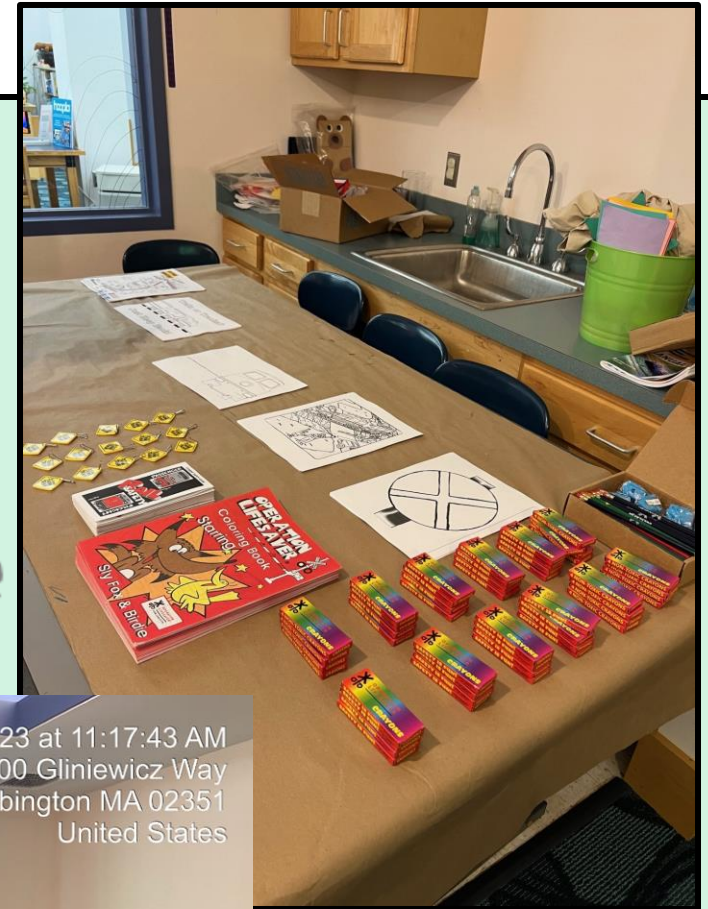
My favorite
train safety fact
is that if there
is an emergency
on the tracks
there are signs
that give you
a number to
call that is
not 911.

(the signs
are blue
and white)

Flannah



Storytime With the Public Health Nurse



Aug 3, 2023 at 11:17:43 AM
500 Gliniewicz Way
Abington MA 02351
United States

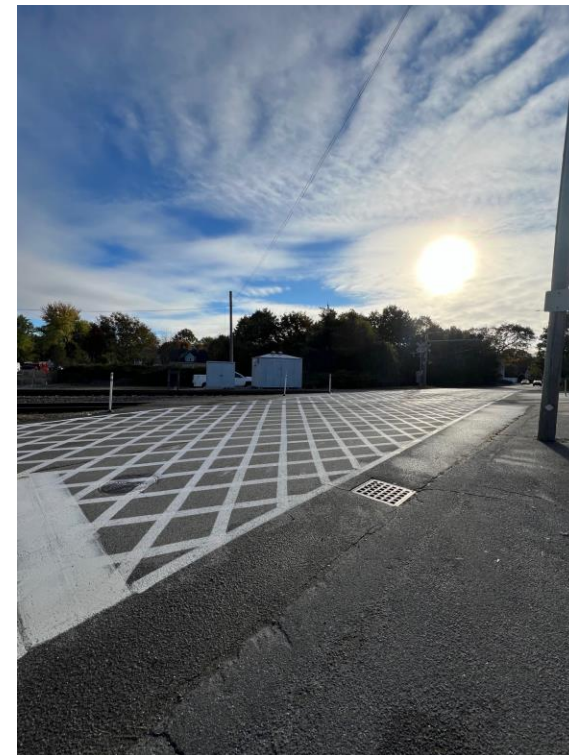


Yankee Conference

September 19-22, 2023



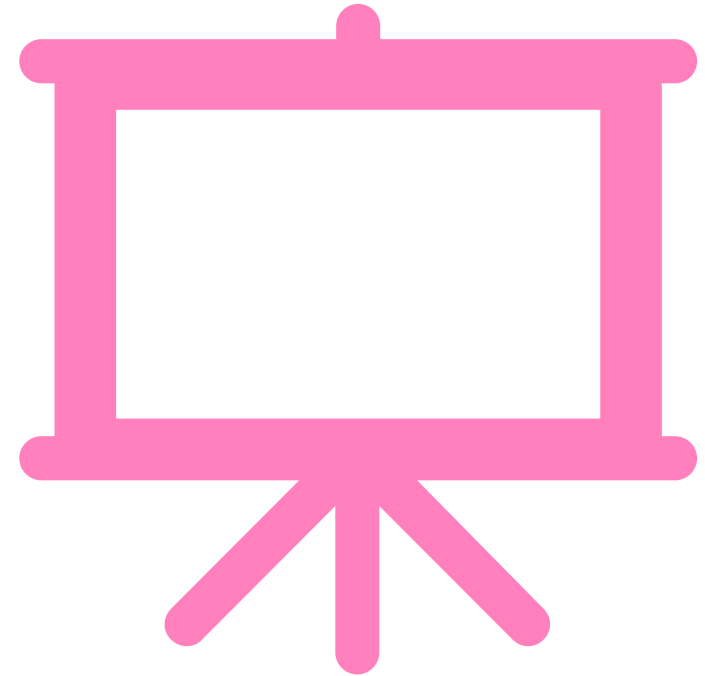
Infrastructure Updates





Operation Lifesaver Presentations

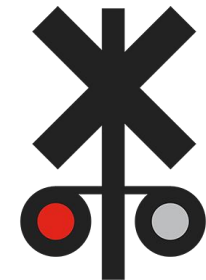
- Operation Lifesaver provides a slide deck of 46 slides and a guide to help determine what slides should be used for what audience.
- A presentation requires 3 mandatory slides, and 1 slide on trespassing – there are 7 to choose from.
- The rest of the presentation can be customized to tailor the content for the audience you are presenting to
- Can be done in person or virtually



IN THE INTEREST OF SAFETY

LINDSAY WRIGHT

FALL 2023



**OPERATION
LIFESAVER[®]**

Rail Safety Education

EVERY 3 HOURS



LIVE
BREAKING
NEWS

**Person struck and
killed while walking
on railroad tracks**



ANY TIME IS TRAIN TIME



As you approach a railroad crossing, **always expect a train.**

Freight trains do not run on a schedule.

Trains can run on any track, at any time, from either direction.

CROSSING OVER TRACKS



BLUE AND WHITE EMERGENCY NOTIFICATION SYSTEM (ENS) SIGN



In case of emergency, look for this **BLUE SIGN** that shows an emergency phone number.

- Call the number and give the Department of Transportation (DOT) crossing ID number found on the sign to identify your location.
- This sign may be located on the crossbuck post or signal post.

If you cannot locate the ENS sign, call 911 or the local police.



WHAT WILL YOU DO IF YOU STALL ON THE TRACKS?

If a train is approaching, run toward the train but away from the tracks at a 45-degree angle. If you run in the same direction a train is traveling, you could be injured by flying debris.

1 Get out!

2 Get away from the tracks, even if you do not see a train.

3 Locate the Blue and White Emergency Notification System (ENS) sign, and call the number provided, giving the crossing ID number (this number will be different on each sign).



EMERGENCY NOTIFICATION SYSTEM (ENS)



MULTIPLE TRACK SIGN

MULTIPLE TRACKS = MULTIPLE TRAINS

Always make sure all tracks are clear before crossing any track.

Check for a Multiple Track sign, which informs the driver how many sets of tracks are at that crossing.



If there is a train in the crossing, after that train clears, make sure another train is not approaching on any other track from either direction.

TRAINS MAY NOT ALWAYS SOUND A HORN



For more information on the Federal Train Horn Rule and Quiet Zones, visit [fra.gov](https://www.fra.gov).

Look for No Train Horn signs that should be attached to the Advance Warning sign.

Some communities have established Quiet Zones where train horns will not routinely sound.

DO NOT WALK ON TRACKS

Walking on railroad tracks is **DANGEROUS** and **ILLEGAL**.



Many people believe they will always hear a train coming, but trains are quiet and move faster than they appear.



Walking, lying or sitting on the tracks can cause injuries and even death.



Trains can run on any track, at any time, from either direction.

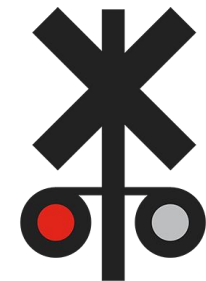


Engaging in conversation, speaking on a cell phone and listening to music are all potentially deadly distractions.



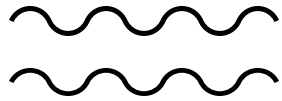
Tracks are for trains, not for people – Stay Off! Stay Away! Stay Safe!®

THANK YOU

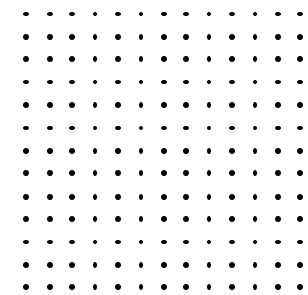


**OPERATION
LIFESAVER[®]**

Rail Safety Education



Tools
Operation
Lifesaver
Offers



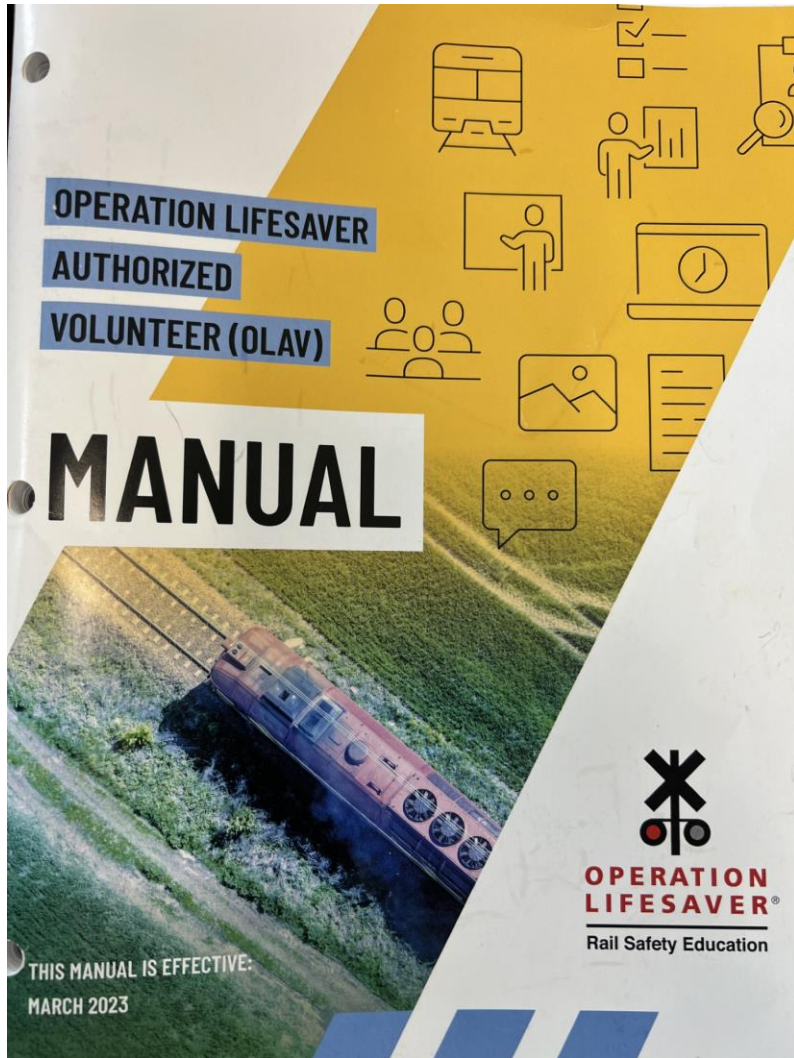
- Training so all Operation Lifesaver Volunteers are spreading the same messaging
- Public Service Announcements
- PDFs of Information for social media or printing
- Facilitation Guides for programming
- Age-appropriate presentation material

DO NOT WALK ON TRACKS



They were crazy little girls together.

OPERATION LIFESAVER AUTHORIZED VOLUNTEER MANUAL



SAFETY MESSAGES & FACILITATING A PRESENTATION

SUGGESTED SLIDE GUIDE: AUDIENCE-SPECIFIC SLIDES

R = REQUIRED

SLIDE NUMBER	GENERAL AUDIENCE	BUS DRIVERS	PROFESSIONAL DRIVERS	NEW DRIVERS	EMERGING DRIVER: PEDESTRIAN	RURAL DRIVERS	URBAN DRIVERS/ TRANSIT
1
2
3
4
5
6
7	R	R	R	R	R	R	R
8	R	R	R	R	R	R	R
9	R	R	R	R	R	R	R
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46

BRACKETED SLIDES ([]) RELATE TO TRESPASSING. AT LEAST ONE BRACKETED SLIDE MUST BE INCLUDED IN EVERY PRESENTATION— AND MULTIPLE SLIDES WILL REINFORCE YOUR MESSAGE.

SAFETY MESSAGES & FACILITATING A PRESENTATION

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○ Types of Media Provided by Operation Lifesaver

- General Adults
- Grades Pre-K-2
- Grades 3-5
- Grades 6-8
- Grades 9-12
- New Drivers
- Professional Drivers
- School Bus Drivers



"2023 In the Interest of Safety" Presentation
[Download File](#)



K-2 Grade Trains and Tracks Presentation
[Download File](#)



Sly Fox and Birdie
[Download File](#)



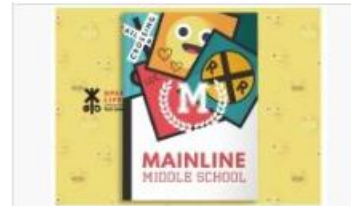
Tracks Are For Trains
[Download File](#)



Key Safety Tips at Highway-Rail Grade Crossings - All Drivers Facilitation Guide
[Download File](#)



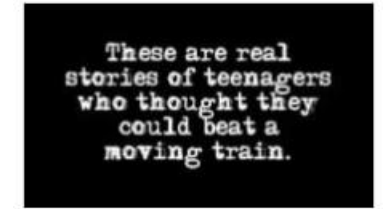
Key Talking Points and Materials for use with Bicyclists
[Download File](#)



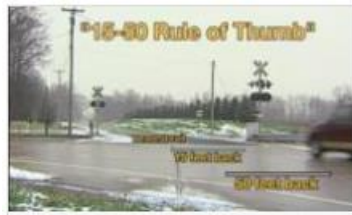
Mainline Middle School Presentation for Grades 6 - 8
[Download File](#)



Look to Live
[Download File](#)



Cheating Death - for New Drivers
[Download File](#)



Stay Alive When You Drive
[Download File](#)



Decide Smart, Arrive Safe
[Download File](#)



○ School Age Education Programing



Grades K-2

Operation Lifesaver's [*Trains and Tracks*](#) presentation teaches children in grades K-2 or between the ages of 5-8 basic safety messages and information.

Watch the Virtual Trains and Tracks [video](#).



Grades 3-5

Operation Lifesaver's [*Train Safety Savvy*](#) presentation teaches children in grades 3-5 or between the ages of 8-11 covers general safety messages, signs and signals, and trespass prevention.

Play our [*Train Safety Savvy*](#) game!



Grades 6-8

Operation Lifesaver's [*Mainline Middle School*](#) presentation teaches children in grades 6-8 or between the ages of 11-13 more about staying safe near tracks and trains.

Watch the Virtual Mainline Middle School [video](#).



Audience: Middle School- Adults
Technology Level: No Technology
Estimated Time: 15-30 minutes
Materials:

- Key Safety Tips – All Drivers brochure, one for each person
- Pen or pencil for each person
- Index card (works best if the audience will not be at tables) or paper for each person
- Optional: Operation Lifesaver key chains, OL lapel pins, or other OL give-aways or small prizes

Key Safety Tips for All Drivers

Background Information: Key Safety Tips for All Drivers is an official Operation Lifesaver brochure which focuses on warning signs and devices, along with basic safety messages at highway rail-grade crossings. Please familiarize yourself with the brochure before using it with an audience. Use parts or all of the tips on this facilitation guide, depending on how much time you have for your presentation/activity.

Getting Started

Introduction: Hello, I'm (name), and I'm here to share with you some important information concerning your safety around tracks and trains. (Optional – if it is an adult-aged audience, you might want to give them a BRIEF 30-second to one-minute personal reason why you are an Operation Lifesaver Authorized Volunteer.)

I'm going to distribute Operation Lifesaver's Key Safety Tips brochure, index cards (or paper) and pen/pencil to everyone and then we will get started. (**Note:** If you are presenting to a large audience, you will want to distribute these ahead of time, or have volunteers prepared to help you distribute them at this time.)

Interaction

If you look inside your brochure, you will see there are five (5) warning signs and devices on the left-hand side of the page. In the middle of your brochure, you will see seven (7) safety messages for staying safe around tracks and trains. These two panels are where we are going to focus our attention.

Facilitation Guides

1:

Ask for a volunteer from the audience to read about the Advance Warning sign, out loud. (**Always ask for a volunteer, never assume someone can read or is comfortable reading aloud in front of a group. If no one volunteers – read the information to the audience yourself.**) Continue asking for volunteers to read through the left and middle panel of the brochure until you have covered all five (5) warning signs and devices and all seven (7) of the safety messages.

Option: If it is small group, have them choose which of the 11 they want to read. Have the rest of the audience keep track of what has been read by putting a mark/check beside those that have been discussed. This option keeps people more focused, as they have to keep track of what has been discussed and what hasn't, instead of knowing what hasn't been discussed by going in order.

Once all 11 items have been read out loud, explain the following activity.

- a. Their assignment: Write three (3) questions using the 11 items you just reviewed with them on the left and center panel. They should write their questions and answers on their Index card or paper. (Note: You may choose to assign certain sections to people or groups to avoid question duplication if you have a small group.)
- b. The audience may choose any style question to write; multiple choice, True or False, open or direct question, etc.

Give the audience 5-10 minutes to write their questions and answers.

Grouping: Depending on the size of the audience and the physical features of the space, divide the audience into pairs, small groups, two (2) teams, or as a last choice, don't put them into a group and let them continue to work individually.

“OL Quiz Time” – (It's a “Closed Brochure Quiz...no peeking!) Now it is time for them to ask questions and for their fellow audience members to answer them. There are multiple ways to do this, and the size of your group and your physical space will be the two main determining factors. Here are some options:

- a. If it is a large audience, have them work in pairs or small groups.
- b. If it is a small audience, they can stand and ask their question then ask for a volunteer to answer it.
- c. Divide the audience into two (2) groups. Take turns having someone from Group A ask a question to someone from Group B- you could even keep score to see what group wins.

6. Continue this for a specific period of time, or until all the questions have been asked and answered.

Closing

If you have any Operation Lifesaver key chains, lapel pins, or other materials, distribute them as part of your closing. (You could also bring small items to hand to those who correctly answered a question during the OL Quiz.)

I've enjoyed presenting to your group today. I would like to ask you to do one more thing. Please turn to the flap on this brochure that is titled, "You Can Help Operation Lifesaver Save Lives." In addition to scheduling a presentation, volunteering, or visiting us on the web/FaceBook or Twitter, I would ask you to please share some information you learned today with at least one person in the next 24 hours. By that simple act, you can double the impact of spreading Operation Lifesaver's safety messages and help to save a life around tracks and trains.

○ Community Engagement

In summary, this initiative by the Health Department in Abington to bring about change through redefining safety and how we accomplish this has also allowed the health department staff to be very visible and present within the community.

It has allowed for many “blue sky” (good time) day appearances and opportunities for interactions with residents of all ages and businesses within town.

Allows the chance for health department staff to become recognizable within the community, creating a bond and trust for future interactions.



**TOGETHER, WE CAN SAVE LIVES
AT RAILROAD CROSSINGS AND
ON TRAIN TRACKS.**





THANK YOU!

**IF THERE ARE ANY FOLLOW UP QUESTIONS JUST
EMAIL, CALL OR TEXT:**

LWRIGHT@ABINGTONMA.GOV

774-539-5871

