

On-board Train Emergency Instructions

Always

Contact a train crew member
Listen for announcements



Fire



Move to an unaffected car
Remain inside—tracks are electrified
Follow instructions of emergency workers
Train crews can access fire extinguishers
Do not activate emergency brake



Medical



If a passenger is in distress,
notify a crew member immediately
If you are medically qualified and able to
assist, identify yourself to the crew

Police



Notify the crew of any unlawful or
suspicious activity on board your train
Train crews can contact the police en route

Evacuation



Follow instructions of train crew and
emergency workers
At doors: open the Emergency Exit
panel and follow the instructions inside
At windows: follow the instructions posted
on or next to the emergency exit window



On-board Train Emergency and Evacuation Instructions



Metropolitan Transportation Authority
Long Island Rail Road
Metro-North Railroad



Metropolitan Transportation Authority
Long Island Rail Road
Metro-North Railroad

In an Emergency

Evacuations don't happen often. MTA Long Island Rail Road and MTA Metro-North Railroad operate close to a half million trips annually, and rarely have to evacuate a car. All railroad personnel receive training for emergencies on a regular basis.

We want you to understand emergency procedures too. First, familiarize yourself with safety signage in cars so you will know how to locate and operate emergency exits. Samples are on the pages at right. And most important, remember that your best protection is to remain calm, think clearly, and follow the instructions of the train crew.

Stop—Don't attempt to leave the train on your own. In most circumstances that is the most dangerous thing you can do. Tracks may still be electrified; other trains may still be in motion around you. If you can't stay in the car you are on, walk calmly to another car that is unaffected by the emergency. Don't try to leave the train without instructions or help from the train crew. The safest place for you is on the train.

Look—If there is an emergency, look for a member of the train crew and report it immediately. The sooner we know about an emergency the sooner we can act to bring the situation under control. On some cars [M-7s, bi-levels, others??] two-way intercom systems are located near the doors.

Listen— It is important that you follow the instructions of our train crews as well as the instructions of rescue, fire, or police personnel on the scene. The train crew will keep you informed about the emergency either in person or through the train's public address system. Stay calm and remain seated. In most instances, all you need to do to be safe is to move to another car on the same train. If an evacuation is necessary crew members will help you exit the train quickly and safely.

Reflective Safety Signage on Long Island Rail Road and Metro-North Railroad



Evacuation Safety

Most emergencies can be managed without taking passengers off of a train, but sometimes an evacuation is necessary. If a full train evacuation is necessary, crew members will provide specific instructions. The simplest way to evacuate a railroad coach is to have a rescue train pull alongside the disabled train. An evacuation board is placed at the exit doors to serve as a walkway between the two trains. On very rare occasions, passengers may be evacuated to track level with evacuation ladders that are stored on every car.

For safety purposes, if you are in a wheelchair you might be evacuated by stretcher, with your wheelchair removed separately and returned to you as soon as possible.

Emergency Exits

All Long Island Rail Road and Metro-North Railroad cars have emergency door opening panels and emergency exit windows. Look for the emergency information posted on each car and become familiar with the location of operation of emergency exits on the various types of train cars you ride in.

If you must get out of the train car, use the exit doors. They can be opened by following the instructions on the Emergency Exit panel located in the vestibule area of the car. The panel is clearly labeled with an instructional sticker explaining how to open it. Once the panel is open, slide the red lever to open the doors. On some cars the narrow windows in the vestibule doors can be kicked out.

If you cannot exit through the doors you may have to use the emergency exit windows. Each emergency exit window is clearly marked by an instructional sticker on or above the window (the sticker will glow in the dark). On bi-level trains, the emergency exit windows are staggered on the upper and lower levels.

Emergency Brake Systems

Use the emergency brake only when the forward motion of the train presents an imminent danger to life and limb. Otherwise, do not activate the emergency brake, especially in a tunnel. Once the emergency brake is pulled, the brakes have to be reset before the train can move again, which reduces the options for dealing with the emergency.