

Infographics on Guidelines to Contributing to a Caring Commuting Culture

You can care for others on your commute if you

Give Time



Be patient and slow down around others

Simple habits you can adopt:



- Give way to commuters who are using mobility aids, such as wheelchairs or canes. Do take care not to knock into their canes!
- Be patient around commuters who may need more time to navigate the public transport system, such as commuters with disabilities.



You can care for others on your commute if you

Give Care



Look out for commuters who may need help

Simple habits you can adopt:



- Keep an eye out for commuters wearing the "May I Have a Seat Please" sticker or card and lanyard. Give up your seat if you can, as they may require assistance even though they appear healthy.



- Take a break from your mobile devices and observe if anyone looks unwell, confused, or in need of assistance.

You can care for others on your commute if you

Give a Hand



Readily offer help to commuters who may need it

Simple habits you can adopt:



- If you **assess** that someone seems to require assistance, **ask** them if and how they would like to be helped, and **assist** them accordingly.

- Vacate the Personal Mobility Aid or stroller restraint spaces on trains and buses if you notice a commuter who would require that space.

You can contribute to a caring commuting culture if you

Give Thanks



Thank commuters who have offered help

Simple habits you can adopt:



- Nod, smile, or say "Thank you" to show your appreciation to commuters who have helped you.



- Express your appreciation even if you were to reject any help, as it will encourage them to continue being caring to others.