



STEPPING OUT SAFELY

Walking is a great form of exercise for young and old. While it is a great way to stay active, enjoy the outdoors, and meet your neighbours, keeping safety in mind is essential. Motorists, cyclists and pedestrians share the roads, and even a minor distraction can cause an accident.

Keep the following safety tips top of mind when you step out:

Walk facing the traffic - you need to see what is coming your way.

Be seen - wear bright or reflective clothing when walking. Drivers can't react to what they don't see.

Crossing safely at intersections is your responsibility - never assume a vehicle will stop.

Walk defensively - don't assume drivers know when you have the right of way; they may be distracted at a critical moment.

Keep in contact - when walking alone, let someone know where you'll be walking and when you expect to return.

Avoid distracted walking - stop talking on the phone, texting, and playing games. Stay aware of your environment.

Walking your dog - keep the leash short so the dog does not dart unexpectedly into traffic or trip a runner or other walkers.

Watch and listen for runners - listen for footsteps behind you so you are not suddenly startled by a passing runner.

Watch and listen for cyclists and vehicles - especially when crossing a street or at an intersection.

When in doubt, follow your intuition and avoid potential trouble. If something seems suspicious, do not panic – immediately change direction.



You need to exercise - your phone does not!

- Leave cell phones at home (measure a route in your car and then walk it if you can). Do not walk with a phone, not only does this pose a danger to yourself, but also to those around you.
- Do not listen to music while walking on a public road. Not only does your music device make you a target, but you won't hear traffic and thugs approaching you.
- Remove all jewellery before heading out on the road for an exercise session.
- Try not to exercise alone, irrespective of the time of day or the route that you follow - many incidents occur on busy roads in broad daylight.
- If you wear an expensive training watch, consider covering it with a buff to hide it from opportunistic criminals.

#SafetyFirst

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