



#SafeSeptember

Running and walking have become some of the biggest and fastest-growing sports in South Africa. Get active and stay safe this Spring!

STEPPING OUT SAFELY

Walking and running are great forms of exercise for young and old. While it is a great way to stay active and enjoy the outdoors, keeping safety top of 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/run facing the traffic - you need to see what is coming your way.

Be seen - wear bright or reflective clothing when on the road. 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.

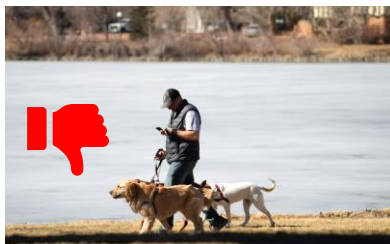
Keep in contact - when exercising alone, let someone know where you will be walking and when you expect to return.

Keep your earbud volume down - always keep the volume at a level where you can hear your environment. You need to be aware of cars, kids, dogs, and other factors to walk and run safely.

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 - especially when crossing a street or at an intersection.



Always be aware of your environment – avoid talking on your phone, texting and playing games in public spaces. Keep your valuables out of sight all times!