Running

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

◎ Be visible—help motorists see and avoid you. Wear a reflective vest before sunrise and after sunset.

◎ When you approach a vehicle at an intersection or at the entrance to a subdivision, make eye contact with the driver before running in front of the vehicle. If you are uncertain, pass behind it.

◎ Never assume that a driver sees you.

◎ If you are running in periods of low visibility or when it is dark, wear light-colored clothing and reflective shoes.

◎ Watch for thunderstorms. Pay attention to the weather forecast for the area when and where you'll be running. This will help you avoid getting struck by lightning.

◎ Carry an I.D. and dog tags. The information on them is sufficient for emergency personnel in case you get hurt.

◎ If you are doing long, strenuous runs during the summer, carry water with you (there are numerous styles of water-bottle holders and backpack-style containers). Some hold as much as two liters. Or, if you are running in a familiar city, plan your route to include water fountains.

◎ Know your route, and don't run in unfamiliar areas after dark. Traffic, crime, broken pavement, and loose dogs are a few of the hazards you want to be aware of.

◎ Let someone know your general route and approximate finish time; if it's an early run and your roommate/spouse/significant other is not awake, leave a note.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx

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