



Personal Safety When Walking or Jogging

Most of us do not concern ourselves with personal safety issues when walking or jogging until something happens to us or to someone we know. We do not believe that this simple, healthy activity will result in a mugging, a robbery or worse. Taking just a few minutes to plan ahead could increase your chances for an enjoyable and safer walk or jog.

The Plan

Personal safety begins before you take that first step. Before lacing your shoes, get to know the area you will be traveling through. Select an area that is populated, well-lit and clear of bushes or anything else that could serve as a hiding place for an attacker. While studying your route, make a mental note of any areas that you could go to for help if necessary.



When leaving your house, tell someone where you are going and when you will return. After your walk or jog has been completed, inform him/her of your return.

Personal Items

Be certain to carry personal ID as well as an emergency contact phone number in case you are injured. Also, always carry a cell phone but only use it in an emergency. Talking on your phone while walking reduces your ability to pay full attention to your surroundings.



Carrying a whistle can serve a dual purpose. It can bring attention to you if being attacked and it could help someone to come to your rescue if you are injured.

Although listening to music while walking or jogging is enjoyable, it can be a safety distraction. With earpieces in both ears, you are not likely to hear anyone approaching you from behind. However, if you are like most music lovers, you will not want to give up this habit. In that case, just don't get so caught-up in the music that you forget to notice any changes in your surroundings.

On the Road

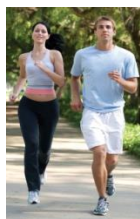
Most people know that you should face the oncoming traffic when walking or jogging on a country road. However, few people realize that it is also important to face the traffic while using the city sidewalks. Doing so will make it easier to notice any vehicle that may be following you.

If a vehicle stops and the driver asks you for directions, reply from a distance, if replying at all. This is especially important if the vehicle is a SUV or a van which can conceal additional passengers who could attack you.

During your walk or jog, periodically check behind you to see if someone is following you. Most attacks come from behind. If someone suspicious is behind you, trust your instincts and go to one of your pre-determined "safe areas."



Find a partner to Walk or jog with. In addition to safety in numbers, having a partner increases the probability that you will maintain your exercise program.



Clothing

Appropriate clothing can help you in multiple ways. Blaze orange or green vests stand out in daytime as well as in the evening. At the very minimum, you should use reflective tape on your outer clothing.



On warmer days, wear clothing that is lightweight and breathable. Although

much of the airtight clothing is fashionable, it can lead to the body overheating.

Making yourself aware of the heat-humidity index before participating in any outside activity can also reduce your chance of heat exhaustion or heat stroke. And remember; drink plenty of water before, during and after the activity.



On cold days you should dress in layers. Doing so will allow you to take off a layer or two if you get too warm. Just as the heat and humidity can combine to make the weather less tolerable, so does the combination of the

cold temperature and the wind. Therefore, in colder months, you should be aware of the wind-chill index before participating in any outdoor activity.

Conclusion

Although the above information provides you with some basic recommendations for maintaining your safety, no article can cover every possible situation that you may encounter. However, you should now realize that safety is not something that can be taken for granted. Hopefully, your walking or jogging experience will be as safe as it is enjoyable.

Helpful Websites

Pedestrian Safety

<http://www.cdc.gov/features/pedestriansafety/>

Jogging Safety Tips

<http://running.about.com/od/safetyissuesandtips/ht/runsafe.htm>

Injury Prevention & Recovery <http://www.runnersworld.com/health-injuries/injury-prevention-recovery>

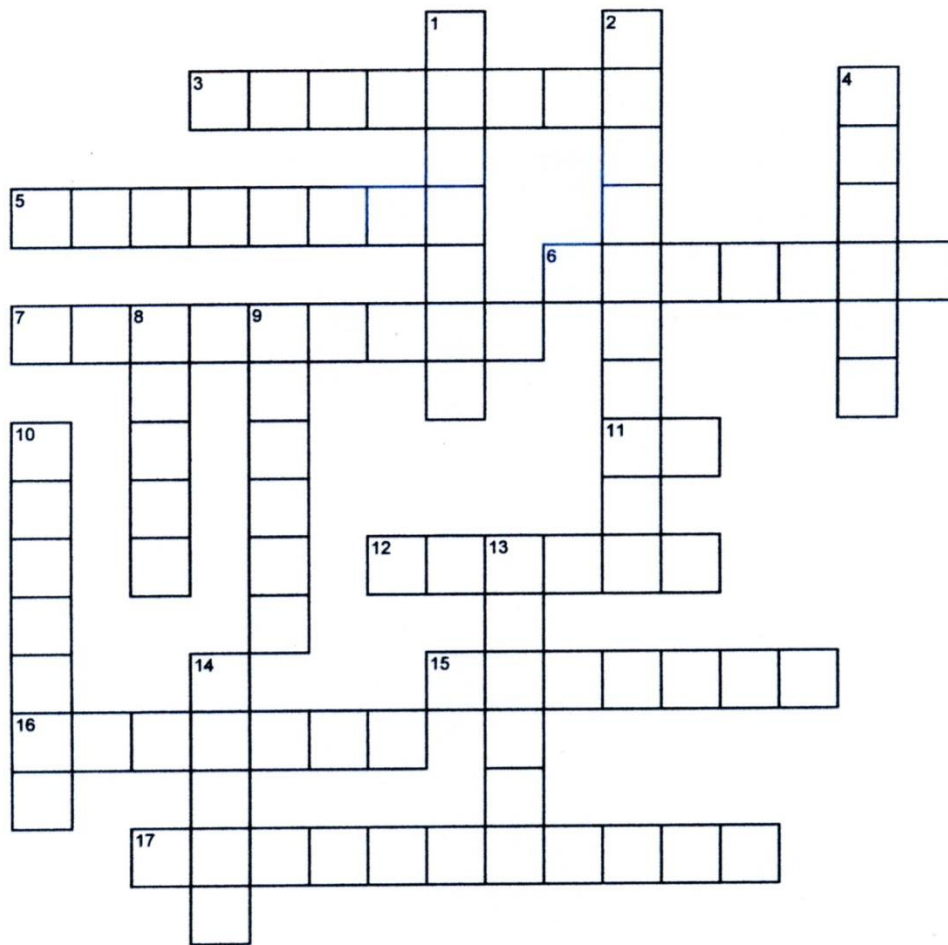
Safety Tips for Walkers and Joggers

<http://publicsafety.utah.gov/firemarshal/documents/SafetyTipsForRunnersJoggersFactSheet2011.pdf>

NOTICE: Although the above websites have been operational for years, as you know, that could change tomorrow. If that is the case, simply Google the organization for a revised address.

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All of the following statements begin with the phrase **WHEN WALKING OR JOGGING.....**

Across

- 3 Assisting a driver who is asking for directions should be done from a _____.
- 5 You should not wear _____ clothing on warm days.
- 6 You should make certain that the area is _____.
- 7 You should select an area that is _____.
- 11 You should always carry an _____.
- 12 You should select an area that is clear of _____.
- 15 Safety is not something that can be taken for _____.
- 16 Blowing a whistle can bring help in case you are _____.
- 17 You should wear _____ clothing on warm days.

Down

- 1 Having a _____ will help you to maintain your exercise program.
- 2 You should use _____ tape on your outer clothing.
- 4 Most attackers approach you from _____.
- 8 You should not use your _____ unless there is an emergency.
- 9 You should dress in _____ on cold days.
- 10 It is important to face the _____ when using the city sidewalks.
- 13 Knowing the heat/humidity index can reduce your chance of a heat _____.
- 14 Listening to _____ can be a safety distraction.

Crossword Puzzle Answer Key

