

# SAFETY

## TIP OF THE MONTH

### General Guidelines for Running, Jogging, or Walking Outdoors

- **Unplug your Ears:** Use your ears to be aware of your surroundings. If you do use headphones, run with the volume low and just one earbud in.
- **Run against traffic so you can observe approaching automobiles.** It's easier to see, and react to, oncoming cars.
- **Look both ways before crossing.** Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- **Carry identification** or write your name, phone number, and any medical information on the inside of your shoe.
- **Always stay alert and aware of what's going on around you.** Don't assume a driver sees you.
- **Carry a cell phone.**
- **Alter or vary your running route pattern;** run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local running store. Know where open businesses or stores are located in case of emergency.
- **Choose a well-lit route.** It might not be your favorite route to run, but the most well-lit route is your safest choice. Also avoid unpopulated areas, deserted streets, and overgrown trails.
- **Watch the hills.** When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- **Choose high-visibility clothing.** Wear reflective, brightly colored clothing and use a headlamp or handheld light so you can see where you're going, and drivers can see you.
- **Beware of high-risk drivers.** Steer clear of potential problem areas like entrances to parking lots, bars, and restaurants, where there may be heavy traffic. Early in the morning and very late at night, people may be overtired and not as attentive.

Be **SAFE**, Be **SMART**, Be **SEEN**



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