



SAFETY TIPS

in partnership with



Safety Tips

If you observe suspicious people or activities, call the Orange County Sheriff's Office immediately.
407-254-7000

Emergency: 911

Non-Emergency: 407-836-HELP (4357)

www.ocso.com

SAFETY TIPS FOR RUNNERS AND WALKERS

- ▶ Inform your friends or family of your exercise destination and expected time of arrival or return.
- ▶ Charge your cell phone and carry it with you.
- ▶ Carry a small light source in a pouch on you or in your car.
- ▶ Do not hide your key; carry it with you and secure your home or car while exercising.
- ▶ Stay alert to your surroundings.
- ▶ Walk or run facing traffic.
- ▶ Walk or run in the daylight.
- ▶ Walk or run with a known companion.
- ▶ Stay in a familiar area.
- ▶ Avoid heavily wooded, poor lighted or secluded areas, especially if alone.
- ▶ Don't walk or run with headphones. If you do, only use one ear bud.
- ▶ Wear bright & reflective colored clothing and shoes to improve your visibility.
- ▶ Try not to wear jewelry.
- ▶ Vary your route pattern. Don't walk or run the exact same route every day.
- ▶ Carry a whistle or high decibel battery powered alarm device when you walk or run.
- ▶ If followed, go to the nearest residence, open business or group of people.

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