

Safety Tips

Face the traffic: If routes do not have paths or sidewalks; walk in the direction facing oncoming traffic.

Dress correctly: Wear light-colored or reflective clothing, shoes, or belts. If at all possible, walk with a partner. In the absence of a companion, tell some-one which route you will be walking and what time you expect to return.

Walk defensively: Don't simply assume that all road-users know about the 'pedestrian has right-of-way' rule. Many of them don't.

Lose the jewelry: Leave the valuables back home. The only accessory you need is a wristwatch or pedometer.

Vary your routes: Don't establish regular patterns by walking the same route at the same time every day.

Self-defense: Some individuals carry hand-held spray devices that contain mace or something similar. These are designed to fit comfortably in your hand, are very light and easy to use.

Carry ID: Always carry some form of identification in case of an accident or medical emergency.

Keep right: If you're walking on a cycling or pedestrian path, always walk on the right-hand side so that faster walkers, runners and cyclists can easily pass. Leave the headphones at home so that you will be alert to any potential dangers, be it a dog, a fast-approaching car, or the sound of other people around you.