



# Safety Tips for Walkers

Walking is a great way to keep physically active. It's important to stay safe.

Here are some pointers to keep you safe while walking:

- Be alert and be aware of your surroundings.
- Don't wear headsets or talk on your cell phone. These distractions will make you less alert.
- Plan your walk. Tell someone where you are going and when you plan to return.
- Walk on sidewalks or walking paths. If you must walk in the street, walk facing the traffic so you can see approaching cars.
- If walking at dawn, dusk, or at night, wear light reflectors or light-colored clothing.
- Do not wear hooded clothing. Hoods limit your vision and your hearing.
- Always use crosswalks. Wait for the walk light to cross.
- Walk with a partner and/or a dog to increase your level of safety.
- Exercise in familiar places. Avoid unpopulated areas or poorly lit streets.
- Carry personal identification in case of an emergency.
- Don't carry a purse, cash, or wear jewelry while walking.
- Carry a cell phone if you have one. Program in the number of your local police department. Or know where phones are located along the route and just call 9-1-1.
- If you think someone is following you, change direction. Look for an open store or places where there are plenty of people. Listen to your intuition and react accordingly. Avoid areas or people that make you feel unsafe.
- **IF YOU ARE IN TROUBLE, BLOW YOUR 911 WHISTLE.**

For more information and ideas on walking, go to  
[www.bphc.org/bostonsteps](http://www.bphc.org/bostonsteps)

