



RUNNING

SafeTips from the Naval Safety Command

Whether you're walking, jogging or running, safety should always be a priority. Follow these tips to ensure your workouts are both rewarding and safe.

- Always warm up before walking, jogging or running to prevent injuries.
- Wear footwear specifically designed for walking, jogging, or running to provide optimal comfort and support.
- Stay hydrated by drinking plenty of fluids before, during and after exercise.
- Be mindful of heat cramps, exhaustion or heat stroke, especially in hot weather.
- Allow time for a cool-down period after exercise to help your body recover.
- Run on sidewalks and always face traffic when running on the road to stay alert.
- Wear bright or reflective clothing to increase visibility.
- Avoid running in isolated areas or at night. If running after dark, choose well-lit areas.
- Make yourself visible to drivers by wearing reflective gear, especially at dawn or dusk, and always make eye contact with drivers before crossing streets.
- Check the weather forecast before heading out and avoid running in thunderstorms or during black flag conditions.
- Carry identification and emergency contact information in case of an injury.
- For longer runs, bring your own water or plan your route to include water fountains.
- Always let someone know your route and expected return time for added safety.



Naval Safety Command
www.NavalSafetyCommand.Navy.mil