

SAFE T ALERT

Personal Safety for Runners and Walkers and Bicyclists

Runners and Walkers

- Consider wearing high-visibility or reflective material, especially in high-traffic areas.
- Consider carrying some sort of identification that includes any medical condition(s).
- Stay alert and aware of your surroundings at all times.
- Make eye contact with drivers before crossing driveways or intersections and be especially careful when rounding corners, or approaching vehicle blind spots.
- Travel against traffic.
- Be aware that the use headphones may hamper your ability to stay alert to any potential dangers, i.e., fast-approaching cars, dogs, and people in general.
- Stay hydrated – drink plenty of water before starting your activity.
- Exercise in familiar areas. Consider varying your route, and trust your intuition about a person or a situation you may find unusual.



Look for these walking posters in your facility. Specific Site posters are in progress, and will be posted in the future.

Bicyclists

- Operate bicycles on roadways in accordance with applicable Idaho State laws. To see Title 49 Idaho State Code, go to http://itd.idaho.gov/bike_ped/ID_Vehicle_code_for_Bike_s_05.pdf.
- Ride on established roadways or vehicle pathways.
- Refrain from riding on sidewalks—walk the bicycle instead.
- Prior to heading out, check for any mechanical problems.
- Be visible. Use headlights, taillights and reflectors at night, and wear bright clothing during the day.
- Park bicycles away from the entrances and exits of buildings.
- To learn more about bicycle commuting, visit http://www.itd.idaho.gov/planning/reports/bikecommute/bike_commuter_guid_e.pdf.



Please remember, you are responsible for your safety and the safe operation of your bicycle. Be observant. Be cautious. Ride defensively. Have fun.