

**YOUR SAFETY MATTERS**



# **EXERCISE SAFETY**

**WHEN JOGGING OR WALKING, TRY TO ALTERNATE YOUR ROUTES.**

**AVOID AREAS THAT ARE ISOLATED AND DESOLATE.**

**WEAR REFLECTIVE MATERIAL AND BRIGHT COLORS DURING THE EVENING.**

**TELL A FRIEND, PARTNER, OR COWORKER WHERE YOU ARE GOING.**

**BRING A FRIEND!**

**OPERATION SAFE START  
DEPARTMENT OF PUBLIC SAFETY  
[WWW.BROWN.EDU/PUBLICSAFETY](http://WWW.BROWN.EDU/PUBLICSAFETY)**

