

Sheriff Jerry L. Demings



Safety Tips for Runners and Walkers

10-1830 (10/12)



- Inform your friends or family of your exercise destination and expected time of arrival and return.
- Charge your cell phone and carry it with you.
- Carry a small light source in a pouch on you or in your car.
- Do not hide your key carry it with you and secure your home or car while exercising.
- Stay alert to your surroundings.
- Walk or run facing traffic.
- Walk or run in the daylight.
- Walk or run with a known companion.
- Stay in a familiar area.
- Avoid heavily wooded, poor lighted or secluded areas, especially if alone.
- Don't walk or run with headphones. If you do, only use one ear bud.
- Wear bright & reflective colored clothing and shoes to improve your visibility.
- Try not to wear jewelry.
- Vary your route pattern. Don't walk or run the exact same route every day.
- Carry a whistle or high decibel battery powered alarm device when you walk or run.
- If followed go to the nearest residence, open business or group of people.



If you observe suspicious people or activities, call the Orange County Sheriff's Office immediately.

Emergency - 911

Non-Emergency 407-836-HELP (4357) www.ocso.com