



## Safety & Environment Moment (S&E Moment)

### **Script 19 – Safety Tips for Exercising along Public Roads**

Good morning and welcome to the S&E Moment.

In the next couple of the S&E Moments we will be discussing “*Safety Tips for Exercising along Public Roads*”.

There is a growing awareness of staying or keeping fit by both the young and old in recent times and physical exercise is proven to be one of the ways of staying or keeping fit. It is not uncommon to see the young and old exercising in the form of brisk walking or jogging along public roads both in daytime and nighttime hours.

In this episode of the S&E Moment, we will be discussing 2 of the key potential hazards that people who exercise along public roads are exposed to. These are:

1. Knockdowns by motorists (vehicles, bicycles or motor riders)
2. Attacks by robbers

The risks associated with these 2 hazards depend on a number of factors, and includes:

- Time of the day, i.e. day or night
- Weather conditions among other risk factors

We will discuss these 2 hazards and their corresponding risk factors in detail in subsequent S&E Moments so please make it a point to listen to the S&E Moment from now onwards.

While you ponder over this as we continue tomorrow,

- Always wear nose/face masks
- Wash your hands with soap under running water
- Keep the social distance of 2 meters between yourself and the next person even as you exercise with your family or friends
- Use alcohol-based hand sanitizers at all times particularly after handling money
- Avoid touching your face with your hands as much as possible

- Avoid hand shakes

Please visit the Ghana Health Service COVID-19 website for further information and updates on ways to prevent the spread of the disease.

You know what to do if you want to contact us:

**Toll Free 0800 299 299**

**Landline 0303 302 512**

**Mobile number 0207 319 653** if you want to send a text message or WhatsApp to ask a question or share an experience.

[info@seefgh.org](mailto:info@seefgh.org)

[www.seefgh.org](http://www.seefgh.org)

Have a lovely day, bye.