



Safety & Environment Moment (S&E Moment)

Script 20 – Safety Tips for Exercising along Public Roads

Good morning and welcome to another edition of S&E Moment.

We are continuing our discussion on “*Safety Tips for Exercising along Public Roads*”. Today, we are discussing the hazard of Knockdowns by vehicles, bicycles or motor riders and the risks associated with it. We shall also look at ways to stay safe from the hazard to help prevent accident or injuring yourself.

Be aware that if you exercise along public roads either during daytime or nighttime hours you are exposed to the hazard of being knockdown by motorists. The risk of knockdown is high if you exercise during nighttime hours than during daytime hours, if you exercise too close to the road, if you exercise when it is raining, if you wear dark clothing than bright or reflective clothing among other risks factors. Mr. Kwadwo Asah, a co-founder and one of the Directors of SEEF and MBA shared an experience with me on how he nearly knocked down an elderly woman with his vehicle in the early hours of one morning at about 4:30am when he was travelling outside Accra. This is because the woman was wearing dark clothing and he could not see her.

We shall discuss ways to stay safe from knockdowns by motorists when exercising along public roads in our next S&E Moment.

Remember to always follow all the COVID-19 protocols and also visit the Ghana Health Service COVID-19 website for further information and updates on how to stay safe from the disease.

Let us know your progress with this exercise:

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

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Have a nice day, bye.