



Safety & Environment Moment (S&E Moment)

Script 22 – Safety Tips for Exercising along Public Roads

Hello! Hello! Hello! good morning and welcome to the S&E Moment.

We are continuing our discussion on *Safety Tips for Exercising along Public Roads*". Today, we are discussing the hazard of being attacked by robbers and measures to stay safe from robbers.

It is common to see more people exercising along public roads at nighttime hours, i.e. early dawn and mornings because the weather is cool and refreshing around such times. However, the risk of being attacked by robbers is high during these hours of the day particularly early dawn as it is dark and there are often no or few people on the street or road, thus helping to promote activities of robbers. These robbers will normally ask for money or other valuables such as mobile phones, and if you are not lucky, they might hurt you if you do not have anything on you.

To avoid being attacked by robbers when exercising along public roads, please observe the following precautionary measures among other measures not mentioned in this S&E Moment:

1. Avoid exercising on public roads if you can. You can exercise in house if that is possible.
2. Do not set-off too early at dawn to exercise as the risk of being attacked by robbers is high during this time.
3. Use a "buddy system". That is, do not go alone, but move in pairs or more
4. Do not keep valuable items on you when exercising. Keep your phones, money etc. at home.
5. Form communal exercise groups, and schedule exercise days.

We hope you have found these tips useful. Visit SEEF website for a copy of this S&E Moment. You can also read more about how to stay safe from robbers when exercising along public roads on the internet or talk to your Health and Safety Professional for more advice.

COVID-19 is still with us. Please do well to observe all the Protocols and also visit the Ghana Health Service COVID-19 website for further information and updates on the disease and how to stay safe from it.

Let us know your progress with this exercise:

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

www.seefgh.org

Bye.