



The Importance of Staying Visible When Running

As a runner, you understand you face dangers every time you are running along the side of the road. Making sure you are visible is imperative to reduce your risks of being injured and to improve your safety. By making sure you are noticed by drivers, you can reduce the chance of being [hit by a vehicle](#). Visibility is the key to safety when running. Here are few ways you can focus on making yourself more visible.

Fluorescent Colors

You don't want to blend in with your surroundings. If you do, you won't be noticed. Instead, dress up in bright colors so you will stand out. This means wearing a fluorescent colored safety vest or a brightly colored shirt or jacket. Colors that stand out include neon yellow, lime green, bright orange, or hot pink.

Running When it is Dark

If you are going to be out after dusk or before dawn, you need to make sure you can be seen by motorists. Place some reflective tape on your clothing, especially across the back and the chest. Reflective bands can be worn on the wrists and ankles. Adding some reflective tape on the shoes can also be helpful. You should carry a flashlight in front of you facing down so you will be noticed. For extra attention, attach a flashing LED light on your clothing.

Run on Toward Traffic

You should run facing traffic. By doing this, you can see if a car is headed toward you so you can jump out of the way if the need arises. If you are running in the same direction as traffic, you won't see vehicles approaching from behind you.

Run on the Sidewalk

When it is at all possible, you should run on the sidewalk and not down on the street. Making this move will help you stay farther away from traffic and out of harm's way. If you are up on the sidewalk, cars will be a few feet farther away from you.

Run with a Friend

When possible, run with a buddy for added safety. Two people are easier to see than one. Also, if a problem arises such as an injury or an accident, one of you can call for help for the other.

Follow Traffic Regulations

When you are out for a run, adhere to the [traffic regulations](#). Don't dart in and out of traffic or run in between cars. Run in a predictable manner and stop at traffic signals and stop signs before proceeding on your way. This will help drivers see you while you are out and about. Stay away from parked cars. You want to be far enough away from them so you don't get hit by an opening door.

Choose Well-Lit Areas

When you run in areas that are well-lit, you are able to see where you are going and won't be as likely to trip over something. Well-lit areas will also help drivers see you as well. Running along a well-lit street is a win-win situation for you.

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