

# Safety Notice from the Department of Environmental Health and Safety

## November 2022: Outdoor Lighting and Running Safety



Daylight Saving Time has ended for the year and the days are shorter and darker. Please review the following safety information on reporting outdoor lighting concerns and running safely outdoors.

### **Reporting Outdoor Lighting Concerns:**

Please help keep our campus safe and well-lit by reporting any outdoor lights that you notice have gone out by either:

- Submitting a **“Lighting (Outdoor)”** work order request at: <http://www.rwu.edu/about/university-offices/facilities/work-order-system>, or
- Calling Facilities Management at **401-254-3136** (x3136 from a campus phone)

Include the light location and description, e.g., pole light, spotlight mounted on side of building. Contact Public Safety at **401-254-3333** (x3333 from a campus phone) if it is an immediate concern or emergency.

### **Running Safely Outdoors:**

Please keep yourself safe while running outdoors by staying visible, staying aware and alert of your surroundings, and following the rules of the road:

#### **Traffic Safety**

- **Always run against traffic.** It's easier to avoid cars if you can see them coming.
- **Avoid busy roads** like Metacom Ave. and never run across the Mt. Hope Bridge. Colt State Park and Mt. Hope Farm are two local locations that are safer alternatives.
- **Multiple runners: run in single file.** Running next to each other takes up an unsafe amount of shoulder/sidewalk space and pushes the outside runner too close to traffic.
- Avoid roads with no shoulders or sidewalks.
- Always make sure you are crossing at a light or a crosswalk.
- If you are listening to music, **keep music volume low** or wear only one earbud so you can still hear traffic and be alerted to any emergency conditions.

#### **Bike and Pedestrian Safety**

- Always be aware of other runners and cyclists and check before you stop or turn around

#### **Be Visible, Particularly in Low Light (dawn, dusk, night) or Bad Weather**

- Wear bright colors (yellow, orange, etc.) and reflective items
- Consider wearing or carrying a flashlight/headlight or a glow stick

#### **Personal Safety**

- **Vary your run times and routes.** Potential attackers can study runners' routines.
- **Don't run alone if possible.** If you are running alone, let someone know the route and approximately how long you will be out.
- **Carry a cell phone** so you can call for help in an emergency
- **Carry your ID** (driver's license or an ID tag/bracelet, and medical alert items if necessary)