



Exercise Safety

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# Safe Exercise

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Exercise is a key component of any fitness strategy and you are more likely to exercise when the activity is enjoyable and rewarding.

This presentation offers tips on how to safely participate in several physical activities such as:

- Cycling
- Running
- Walking/Hiking
- Swimming
- Weight Training

As with any type of physical exercise, please consult with your personal physician to determine if you are healthy enough to safely participate.

**Move Your Body!**



# Safety Tips Common to All Exercise

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When doing any type of exercise, there are tips you can follow to ensure your safety. In addition, always Check Signals!



## When Exercising Outdoors:

- Know the weather forecast and plan and dress accordingly.
- If possible, take a partner to exercise. If that is not possible, let someone know where you will be and when you are expected to return.
- Carry a cell phone if possible. Attach identification and emergency contact information to it.
- Be aware of your surroundings and possible hazards.

## When Exercising Indoors:

- Be aware of others around you, especially when arriving at or leaving the building.
- Inspect all equipment for damage before use.
- Observe facility rules and equipment instructions for use.

Above all, trust your instincts. If the situation feels “wrong”, it probably is and you should remove yourself straight away.

# Safe Cycling

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Whether you are cycling for fun, as part of your daily commute, or training for a race, there are precautions you can take to stay safe in this popular activity.

- Use *designated bicycle lanes or trails* if they are available in your area. They are generally safer than the roads.
- *Inspect your equipment.*
  - Is your bicycle appropriate for the pathway?
  - Is it well maintained and in good working condition?
  - Is your helmet fitted properly?
- *Know your route.*
  - Are you prepared to ride this distance / on this terrain?
  - Is the area safe? Are there loose dogs on the route?
- At a minimum, keep water with you and *stay hydrated.*
- *Be as visible as possible* by wearing reflective clothing and avoid riding at dark if possible.
- Have a bell or horn to *signal your approach* to pedestrians and other cyclists.



## Safe Cycling Continued

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The below tips are specific to riding on roadways.

- In most areas, if you are on the road, you are considered a “vehicle” and must *obey the traffic rules*.
- *Be predictable* by signaling your intentions, looking before changing lanes and riding in a straight line.
- *Go with the traffic*, not against it.
- *Stop* at red lights and stop signs.
- Make sure you can hear approaching traffic; *leave the earbuds at home*.
- *Pay attention to road conditions* that could cause you to lose your balance or fall.
- *Ride as if motorists can not see you!*
- *Give parked cars a wide berth* so you do not get caught by an opened door.
- *Do not ride when you are impaired* by alcohol or other substances.



For lessons on how to not get hit by a car, [click here](#).

# Safe Running

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Running can be an exhilarating way to stay in shape but it can also be hard on your body. This slide offers tips for staying healthy and safe while you are doing your best impression of Usain Bolt.

- *Get the right shoes for you.* Take a pair of shoes to a running store and have them evaluate what type of shoe will work for you and your running style and goals.
- *Listen to your body* and do not try to do too much, too fast.
- If possible, *stick to running trails and paths.*
- *Be visible* but assume that you are invisible.
  - Wear highly visible, reflective clothing. Consider wearing a blinking light also.
  - Face traffic and assume that a driver cannot see you.
  - Use caution when cresting a hill. This is often a blind spot for drivers.
- *Unplug your ears.* You need to be able to hear traffic and other possible hazards.
- *Avoid areas where traffic is heavy* or entering/exiting the roadway.
- If crossing a road, *make eye contact with drivers* to ensure they see you and are prepared for you to cross.



# Safe Walking & Hiking

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A good old-fashioned walk is the exercise of choice for many people. Whether you are taking Fido for a walk or out for a weekend hike in the hills, there are some precautions you should consider.



- *Choose walking paths and sidewalks* when possible.
- If you must walk on the road, *face traffic and walk single file*.
- *Cross carefully*.
  - Look both ways before you cross the street and make eye contact or wave at any drivers in the intersection.
  - Only cross when you have the walk signal.
  - Be aware of bicycles and joggers.
- *Be visible* by wearing high visibility, reflective clothing.
- *Do not walk and text or talk* on your mobile. Just as you would in a car, pull over and stop so you can concentrate on the task at hand.
- Make sure your *music is low enough that you can hear traffic*, other pedestrians, and bike bells.

# Safe Swimming

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Swimming is a great low-impact exercise. Keep it on your favorites list by observing a few safety tips.

- *Swim in designated areas* supervised by lifeguards.
- Always *swim with a buddy*; do not allow anyone to swim alone.
- *Never leave a young child unattended near water*; teach children to always ask permission to go near water. Enroll children in age appropriate swimming classes.
- *Have appropriate equipment*, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit near your pool or swimming area.
- *Protect your skin*. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.



- Being in the water is not the same as drinking water. *Stay hydrated*.
- When swimming in open water:
  - Know how to identify, avoid, and escape from rip currents.
  - Be sure that you are swimming in a safe place. Most public waters are posted appropriately.

# Safe Weight Training

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Increased muscle mass can be achieved with proper weight training. Muscle mass helps to boost your metabolism and improve your tone and posture. Learn how to safely incorporate this activity into your fitness routine.

- **Find an Instructor**

- A qualified instructor can help you learn how to do the exercises correctly.
- Good technique is one of the most important ways to avoid injury.

- **Set Goals**

- With your teacher's help, decide on the goals of your weight-training program.

- **Wait Until You Are Ready**

- Most people should wait until they are at least 15 years old before trying the major lifts.

- **Warm Up and Cool Down**

- Warm up and cool down for each session. Your warm-up session should include stretching exercises, calisthenics and jogging.
- When you begin each lifting exercise, use small amounts of weight at first and then progress to heavier weights.
- Stretching is also important during your cool down.



# Safe Weight Training Continued

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Try these DOs and DON'Ts for Safe Weight Training.

- **DOs**

- Do use spotters when you try the major lifts.
- Do keep your back straight when lifting.
- Do use proper lifting technique when moving weights around the room.
- Do wear shoes with good traction.
- Do make sure the equipment you use is in good condition.

- **DON'Ts**

- Don't hyperventilate (breathe in and out fast) or hold your breath when you lift heavy weights. You may faint and lose control of the weights. Breathe out when you lift.
- Don't continue lifting if you feel pain. Stop the painful exercise for a few days, or try it with less weight.
- Don't exercise any set of muscles more than 3 times a week.
- Don't "cheat" on your technique to lift heavier weights than you can handle.
- Don't lift heavy weights without spotters.
- Don't lift more than you know you can lift safely.

# Why Exercise?

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- **Exercise can:**

- Improve your quality and quantity of life.
- Improve your mental health and decrease stress.
- Help you lose weight.
- Help you avoid certain diseases.

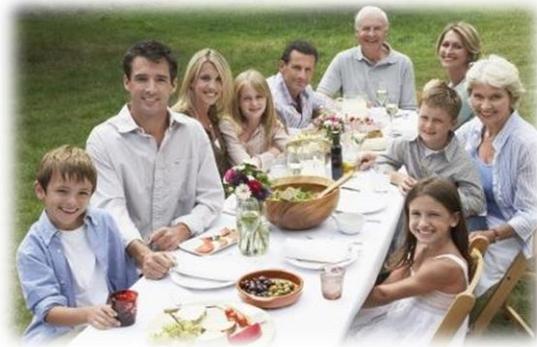
## What or who is your reason for getting moving?



# HEALTHY AGING

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It's in your hands!  
Start **TODAY.**



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