

Klamath's Healthy Active Challenge
Safety Tips

By following a few practical safety guidelines, you can insure that your physical activity is always fun and pleasant.

- Most people can begin a program of moderate activity with little supervision. However, if you plan to engage in more strenuous or intense activities, be sure to check with your physician.
- If you are just starting to be active regularly, start slowly and gradually increase duration, intensity and frequency.
- Be active with a partner.
- Drink plenty of water before, during and after physical activity.
- Don't overdo it. There is no gain from pain.
- Always follow instructions and safety recommendations when using exercise equipment or machinery.
- Wear proper clothing, including comfortable clothes and appropriate shoes.

When Being Active Outdoors:

- Wear safety gear when necessary; for example, a helmet and padding while rollerblading or cycling.
- Obey traffic rules—or avoid traffic altogether by using parks and trails.
- When being active outdoors at night, choose well-lit areas where there are other people.
- If you are outside at night, make sure you are wearing reflective clothing so cars can see you.
- Avoid outdoor activities in extremely hot or cold weather.
- Don't be a couch potato—but don't be a baked potato either. Wear sunscreen and sun-protective clothing when outdoors. Avoid the midday sun.

If you experience lightheadedness, chest pain, excessive fatigue, nausea, or moderate to severe muscle or joint pain, stop exercising and consult a physician.

What to Do If You Are Injured:

If the injury is serious, seek immediate medical attention.

See your doctor if:

- Pain is extreme or persistent
- The injury does not heal in a reasonable amount of time.
- You develop an infection or fever.
- You have an injury to a joint that results in swelling.
- You are unsure about the severity of the injury.

If your injury is not serious, follow the RICE principle:

- Rest the injured area immediately.
- Ice the area immediately to reduce swelling.
- Compress the injured area with an elastic bandage or cloth to reduce the swelling.
- Elevate the injured area.