

Walking safely

10 things to remember for a tip top trek



1. Make sure you can be seen



2. Don't put yourself at risk by walking close to cattle

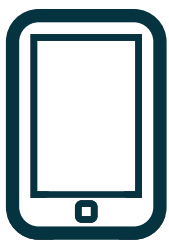


3. Walk facing traffic if there is no pavement

4. Don't walk too close behind a horse and its rider and give them a wide berth when overtaking on foot



5. Take extra care when crossing a railway line at a level crossing



6. Take a charged mobile

7. Never assume a driver sees you - make eye contact with drivers to make sure you are seen



8. Follow the rules of the road and obey signs and signals



9. Make sure someone is aware when you plan where you are going and when you'll be back



10. Don't take risks by attempting long/difficult routes without preparing