

# MCLB ALBANY SAFETYGRAM

## ARE YOU A SAFE RUNNER?

According to the National Highway Traffic Safety Administration in 2012:

- 4,743 pedestrians were killed in traffic crashes in the United States
- An estimated 76,000 pedestrians were injured
- On average, a pedestrian was killed every 2 hours and injured every 7 minutes
- Almost three-fourths of pedestrian fatalities occurred in an urban setting
- Over two-thirds of pedestrian fatalities occurred at non-intersections
- Eighty-nine percent of pedestrian fatalities occurred during normal weather conditions

The wearing of personal listening devices (e.g., headphones, earphones, earbuds, etc.) in or over one or both ears while walking, jogging, running, skating, skateboarding, bicycling, or using a personal transportation device on or within three feet of any traveled portion of any street, roadway, highway, avenue, or parking lot on MCLB Albany is prohibited. The use of personal listening devices while on a running/walking track or trail, sidewalk, or pathway where vehicles are prohibited is authorized. Personal listening devices shall be completely removed prior to and while crossing streets, roadways, highways, avenues, and entrances to parking lots.



Pedestrians and joggers shall walk, jog, or run at a distance not less than 3 feet from the hard surface roadway, and shall face oncoming traffic.



A reflective belt or vest that is visible from a 360 degree field of view shall be worn during physical training outdoors while walking, jogging, running, skating, skateboarding, bicycling, or using a personal transportation device before morning colors (0800), after evening colors (sunset), and during periods of reduced visibility (e.g., rain, fog, etc.). Individuals preparing to participate in and/or departing for physical training outdoors with the approach of evening colors shall wear a reflective belt or vest that is visible from a 360 degree field of view.



For more information regarding the installation safety requirements above, please refer to MCO 5100.19F Marine Corps Traffic Safety Program (Drivesafe) and BO 5560.9D Motor Vehicle and Traffic Regulations (Under Revision). You can also visit <http://www.nhtsa.gov/Pedestrians> and <http://www.nsc.org> for additional information.



**Risk Management 639-5249**  
**Prepared by William Womble**

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