PLAY IT SAFE

LEADERS
SOLDIERS
FAMILIES

Running in the heat can be dangerous, follow the proper precautions and preparations:

- Stay hydrated!
- Run in the shade whenever possible, avoid direct sun and blacktop.
- Wear a hat and use sunscreen
- Wear loose, light colored clothing
- If you become dizzy, nauseated, have dry skin or the chills, *STOP* running and try to get a drink.
- Avoid drinks with high sugar concentration.

ON THE RUN!

U.S. ARMY
ARMY STRONG.

U.S. ARMY COMBAT READINESS/SAFETY CENTER
https://safety.army.mil

ARMY SAFE is ARMY STRONG

A BAND OF BROTHERS & SISTERS