

# Is it worth the risk . . . despite the danger?



**Portable Electronic Devices.** Wearing portable headphones, Walkmans, earphones, cellular hands free devices, iPods , or other listening devices while running, jogging, walking, bicycling, skating, or skate boarding on roadways, streets, parking lots, and other areas exposed to vehicular traffic impairs recognition of emergency signals, alarms, announcements, and the approach of emergency vehicles. ***These devices are authorized only when running, jogging or walking on sidewalks and jogging paths.*** When a member comes to a crosswalk the individual must remove the headphones until safely crossing.

*(NAFATSUGIINST 5800.6J, CNRJ/CNFJINST 5800.9R, OPNAVINST 5100.12.I)*



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Traffic Safety Gram: July 2015