

Exercise Basics  SAFETY EQUIPMENT	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A04.07 08/1997-N Page 1 of 1
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## EQUIPMENT

There is specialized safety equipment available for most activities. Examples include jogging shoes to prevent shin splints and knee injuries for runners, and eye protection for sports such as racquet ball. Proper safety equipment can reduce the likelihood of sustaining an exercise injury.