

Situational Awareness & Personal Safety

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PERSONAL SAFETY

3 BASIC RULES:

- **STAY ALERT!** Keep your mind on your surroundings. Walk with purpose, know where you're going.
- **COMMUNICATE!** Make “quick” eye contact with people around you. Send the message to strangers that you're calm and confident.
- **TRUST YOUR INSTINCTS!** If you feel uncomfortable in a place or situation... **LEAVE!**

WALKING

- Use safest route to your destination.
- Know your neighborhood!
- Choose well lit busy streets.
- Carry your purse close to your body with a firm grip.
- Carry wallets in an inside coat or pant pocket... Not in a rear pocket!!!
- Walk facing traffic so you can see approaching vehicles.

WALKING

- **ALWAYS** bring change for cab fare, bus fare, or a telephone call.
- If you're being followed: Immediately cross the street and head for the nearest well lit, populated area. (Scream!)
- If someone is following you in a car, immediately change direction and make a "visible" effort to write down the license plate number.
- **NEVER** accept a ride from a stranger!

TRAVELING

- HAVE YOUR CAR KEY READY!
- VISUAL CHECK
- IS SOMEONE FOLLOWING YOU?
- START YOUR VEHICLE IMMEDIATELY, AND PREPARE TO LEAVE.
- LOCK YOUR DOORS
- DON'T ROLL DOWN YOUR WINDOW FOR ANYONE APPROACHING!
- ALWAYS PARK IN WELL-LIT AREAS THAT WILL STILL BE WELL-LIT WHEN YOU RETURN TO YOUR CAR.

TRAVELING

- **ALWAYS** keep your vehicle in good running condition to avoid breakdowns.
 - If your vehicle breaks down: raise the hood or use flares, and stay inside the car with doors locked! If someone stops, ask him/her to call for help: DO NOT accept a ride.
- Plan your route! Have enough gas for the trip.
- **ALWAYS** inform others where you're going.
- **NEVER** pick up hitchhikers!

TRAVELING

- If you are followed:
 - Drive to the nearest police station, fire department, hospital, or well-lit and populated area.
 - Try to get a license plate number and description of the vehicle.

IF ALL ELSE FAILS...

**HONK YOUR HORN RELENTLESSLY AND
TURN ON YOUR EMERGENCY FLASHERS!**

ELEVATORS

- ALWAYS look into an elevator before entering!
- If possible, stand by the control panel.
- GET OFF if someone suspicious enters!
- If you are attacked, hit the alarm button and as many floor buttons as possible!

OUTDOOR ACTIVITIES

Jogging, biking, etc.

- Choose your route in advance.
 - Leave route with someone or at house
- Vary your route and schedule often!
- AVOID jogging and biking at night.
- Become familiar with businesses in the area.
- Consider **NOT** wearing stereo headphones... It's safer when you are 100% alert.
- Communication devices
 - Phone
 - GPS / Tracker
 - Emergency Signal

WHAT IF...YOU'RE ATTACKED!

- Try to remain calm. Try not to panic or show signs of anger or confusion.
- If the attacker is only after your purse or other valuables, **DON'T RESIST!** Property can be replaced... **YOU CANNOT!**
- Make a conscious effort to remember what your attacker looks like:
 - Gender, approximate age, race, build, weight, height, etc.

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**As soon as you are as safe
as possible, and you can
ask for help...**

Call 911

The background of the slide is a solid blue color. In the lower half, there are several faint, light blue concentric circles that resemble ripples on water, scattered across the bottom right and bottom center areas.

QUESTIONS?

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