IMPROVE YOUR SAFETY

Three Basic Rules

1. Trust your instincts — something looks wrong or dangerous, change your course of action.
2. Use common sense—Let someone know where you are going and when you will return
   • Never carry a lot of cash, keep your wallet or purse close to you
   • Don’t resist if someone wants your belongings, especially if that person has a weapon
   • Avoid dark streets or lightly traveled areas
3. Work with the Police
   • Get to know the police
   • Ask police about unfamiliar neighborhoods before traveling there
   • Report suspicious activity
   • Ask for assistance if you expect trouble or suspect danger

Personal Safety

• Personal Appearance
• Wear clothes that will allow you to move easily
• Carry only what you need: less is better
• Keep your wallet or money separate from your purse
• Hold your handbag in front of you and not around your neck

Walking

• Remember there is safety in numbers
• Walk with confidence, be direct and alert
• Use areas that are well traveled and well lighted at night
• Avoid short cuts, vary your route

In a car

• Don’t ride with strangers or pick them up
• In traffic, keep doors locked and windows up
• Park and lock your car and remove the keys
• Park in areas that are well lighted
• When you return to your car, check in and around it, and have your keys in your hand and ready to use
• If you are followed, don’t go home, go to a public place or police station
• Keep valuables in trunk or hidden in the car and do not keep registration papers or valuables in the glove box
• BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive

If you have car trouble

• Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
• Carry a ‘HELP’ sign and keep a can of tire inflator in trunk.
• Stay inside the car, lock the doors and if help is offered, ask for the police
• Remember to regularly check your car’s oil, gas, water and tires. Service your car regularly.
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Public Transportation
- Wait in a well lighted area, near other people
- If someone bothers you, make noise to attract attention
- Sit in the aisle seat, near the driver
- If taking a taxi, ask the driver to wait until you enter your residence

Elevators
- Enter with groups and stand away from the door while waiting
- Avoid entering an elevator with a stranger
- If you feel uncomfortable, get off as soon as possible
- Stand near the control panel

If you are followed
- Act suspicious; turn and look at the person
- Let the follower know you won’t be surprised
- Change direction; cross the street
- Go into a public place, such as a store or gas station
- Carry a whistle or personal alarm and know how to use it
- If attacked, act quickly - you can yell at the attacker, scream for help, run or fight back by giving a quick blow to vital areas such as the throat, nose, eyes, knees or groin
- You could also vomit or urinate and yell that you have a disease to scare off the attacker
- The most important goal is to simply SURVIVE any attack!

Beware of Suspicious Activity
- Person who behaves strangely or whose movements are unusual
- Vehicle that makes frequent passes around the block, drives at night with no lights on, or driving recklessly
- Person carrying, concealing or attempting to conceal weapons
- Person stopping others on the street or approaching kids
- Gangs or groups gathering to cause trouble
- People who sell things out of their cars

Self Defense
- Martial Arts are good for mental and physical fitness, but it takes time to become skilled. Some techniques take years of practice to master
- Defensive Tools: may be taken from you and used against you. Be sure the tool you use is in good working order
- Noise - whistles, alarms etc. Have them ready and working
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Self Defense (cont.)
- Sprays- tear gas, mace and pepper spray. Be sure the spray is in your hand. Sprays may be illegal in some states
- Fire Extinguisher can be sprayed into the attacker's face or used as a club
- Stun Guns can be used if opponent is close, since it must be applied to skin
- Lethal Weapons- knives, guns, razors etc. You must be properly trained and in some cases licensed
- Household Items -- kitchen utensils, ashtray, flashlight, aerosol can spray
- Personal Items -- brush, comb, pen, pencil, nail file, keys

Protecting Your Car
- Always lock all doors and roll up the windows
- Install tapered interior door lock buttons
- Park in heavily traveled areas
- Engrave an identifying number on a hidden place on the car and on any valuable components to help the po-
- lice identify recovered property
- Don't leave any valuables in sight or hide spare keys
- Have alarms or fuel shut-off switches installed

Business Travel
- While at the airport stay alert and watch your bags
- Watch out for staged mishaps, like someone bumping into you or spilling a drink. Often such an 'accident' is a
- ploy to divert your attention
- Keep a record of the contents of your luggage and anything valuable in your carry-on
- Avoid displaying expensive cameras, jewelry, etc. that might draw attention
- If driving, become familiar with your travel route before you start and make sure your rental car is in good op-
- erating condition

At a hotel
- Never leave your luggage unattended, keep all hotel doors and windows locked
- Learn the locations of fire exits, elevators and public phones in case of emergency
- Ask hotel staff about the safety of the neighborhood and what areas to avoid
- Always verify who is at your door. If an unexpected visitor claims to be hotel staff, call the front desk to make
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