

# Police Department News

## 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 police 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 operating 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 sure