

Self Protection

SAFETY IN THE STREETS

- Avoid dark, desolate, or high crime areas.
- Wait for transportation in well lit areas.
- Seek refuge in a store or private residence. Notify police if someone bothers you.
- Scream if you must. It can attract attention or even frighten off an assailant.
- Do not hitchhike.

SAFETY IN YOUR CAR

- Choose bright, visible parking areas.
- Have others accompany you to your car.
- Have your car key in your hand before you get to your vehicle.
- Check under your vehicle and the back seat before entering.
- When leaving your vehicle, roll up all windows and lock all doors.

- When you are stopped in traffic, leave enough distance between your vehicle and the vehicle in front of you to allow you to go around that car if something suspicious should occur.

SAFETY IN YOUR HOME

- Have a security system installed. They are your best source of protection. Choose one that is monitored by a U.L. approved central station 24 hours a day.
- Have good locks on all points of entry. Inspect doors and windows for loose locks, deadbolts, latches, and hinges. Promptly make any necessary repairs. Windows and exterior doors can be a problem unless the glass is burglar-resistant.
- Have a peephole installed in the door. Chain locks are unreliable.
- Do not advertise that you live alone. Use initials on mail boxes and in the phone book.
- When the doorbell rings, pretend someone else is home. Yell, "I'll get it!" before answering.
- If someone knocks and says he/she needs to call for a tow truck or other assistance, offer to make the call yourself without opening the door.



**SECURITY
SERVICES**

Self Protection

- Trim overgrown landscaping, such as bushes and shrubbery. This makes it difficult for burglars to hide.
- Provide bright lighting around the exterior of your home. Pay special attention to entrances and garages.

PERSONAL SECURITY CHECKLIST

Are you observant of activity around you?

Yes No

Are you cautious about displaying valuables in public?

Yes No

Is your automobile in good running condition?

Yes No

Do you keep people reasonably informed of your movements and whereabouts?

Yes No

Take action on items you marked "No."



**SECURITY
SERVICES**

IF ATTACKED, HIT WHERE IT HURTS

Forehead and Face

Throat

Center of Chest

Back of Hand

Ribs

Groin

Knee

Shin

Residential Safeguard Series

- ➔ ABC's of Crime Prevention
- ➔ Babysitter's Guide to Safety
- ➔ Boat & Marina Security
- ➔ Fire Safety at Home
- ➔ Guide to Poison Prevention
- ➔ How Secure is Your Home
- ➔ How to Prevent Auto Theft
- ➔ Operation Identification
- ➔ Safety Tips for Senior Citizens
- ➔ Self Protection
- ➔ Vacation Procedures