



「NATIONAL PERSONAL SAFETY DAY」
11th October 2010

How to improve your safety when out on the streets:

Stay Alert - Remember, if you are wearing headphones or chatting on your mobile phone you will be distracted from your surroundings and will not hear trouble approaching.

Incvest in a personal safety alarm – These can be used to shock and disorientate an attacker giving you vital seconds to get away.

Make sure you avoid danger spots - Stick to busy well lit streets whenever possible and avoid quiet or badly lit alleyways, subways or isolated parks or waste grounds. Take the safer route, even if it's longer.

Plan Ahead - Know where you're going and the best way to get there. Whenever possible, avoid long waiting times at bus stops and stations by checking the arrival times before leaving home.

Listen to your instincts - If you feel threatened, head for a safe place where there are lots of people, such as a pub, shop, garage etc.

Ensure you take the same precautions wherever you are – It's natural to feel more relaxed and comfortable in your own neighbourhood than when you are in an unfamiliar area but it's important not to get complacent about your personal safety when close to home.

For more safety tips go to www.suzylamplugh.org