

For more personal safety information visit:
www.suzylamplugh.org/simplesteps

SIMPLE STEPS

to Street Safety



**LIVE
LIFE
SAFE**
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trust

in association with

**Legal &
General**

「NATIONAL PERSONAL SAFETY DAY」

11th October 2010

SIMPLE STEPS

to Street Safety



How to improve your safety when out on the streets...

LIVE
LIFE
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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.

INVEST
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 or garage.

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.