

Personal Safety

In the Home, On the Street, At Work



Personal safety is a concern for all of us. A lot can be achieved by just using good common sense. Be aware of your surroundings at all times, and do not place yourself in situations which might jeopardize your safety.

• IN YOUR HOME

- Answer your door with it closed and locked. Learn to speak through the closed door. It's not impolite; it is safer.
- Install good locks and use them. (Ask for the Home Security fact sheets).
- Avoid using chain locks. They present little deterrent to an aggressive person.
- Your door should be equipped with a door viewer.
- Don't hide keys outside. Leave it with a trusted neighbour.
- Secure all windows. Draw window shades or drapes after dark and don't leave

accessible windows open while you sleep.

- Never open the door to strangers. Verify identification of visitors, sales and service people. Check with the company to see if they sent a representative.
- Should a stranger request to use your phone, do not allow the person to enter your home. Offer to make the call for them. Even if it's a woman, don't unlock your door.
- Don't reveal personal information to anyone on the phone or at your door.

• **ON THE STREET**

- Plan your route and avoid short cuts through parks, vacant lots or unlit areas.
- Know where police stations or after hour stores are located.
- Avoid being alone if you can. Get a friend to accompany you. If they can't, let them know the route you're taking. Call when you arrive.
- Don't carry large sums of money or unnecessary valuables. Use cash alternatives such as debit cards.
- Don't carry a purse; use waistbelts instead.
- Don't leave purses unattended in shopping carts or on store counters.
- If someone grabs your purse, do not resist.

USING BANK MACHINES

- Whenever possible use bank machines in visible and active areas during active periods.
- If you must use a bank machine during inactive periods, consider using a drive-through.
- Avoid after hours access to bank machines where you are not visible or cannot see into the bank machine area prior to entering it.
- Avoid using bank machines in areas that you are unfamiliar at night.
- If you absolutely must access a bank machine after hours in an unfamiliar area, consider using the buddy system or drive around the area before you access your

cash or get out of your car.

- Avoid using a bank machine if the door lock seems defective.
- Be prepared to start your banking as soon as you arrive at the machine.
- Be aware of your surroundings and

always make sure that no one has the opportunity to see you entering your pin number or look over your shoulder.

- Don't leave anything behind.

WORKPLACE

- Avoid isolated or deserted stairways.
- Call security or the police if you see someone in the building you don't recognize.
- If working after hours, keep all doors and windows locked.
- Try and arrange to have a co-worker stay with you.