

1 Personal Safety

2 Philosophy of Personal safety

Have a plan of action. Criminals look for easy targets and bank on their victims being caught off guard. A victim of an assault can greatly increase their chances of survival and limit their losses if they “have a plan.”

3 Things to think about when developing your plan of action

1. Activities and environment you are involved in during the course of your day
2. What tools you have available to protect yourself
3. Do you listen to your instincts (the little voice in your head that says something is not right)
4. Do you know how to contact the Police and feel comfortable asking for help

4 Leaving and arriving in a vehicle at your destination

1. Keep your vehicle in good mechanical condition (options you may consider when choosing a vehicle: keyless remote entry and panic alarm)
2. Let someone know when you're leaving, where you're going and what time you will be at your destination.
3. Have the keys to your vehicle in your hand ready to put in the door

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4. Keep your arms free. Don't over-burdened yourself
with packages or equipment
5. Check your vehicle's floor boards and back seat
before getting in a vehicle
6. Watch for headlights at night or vehicles in the
day that appear to follow your path for unusually
long distances or time
7. Park as close to your destination as possible.
8. Park where your vehicle cannot be blocked in
9. Do not park next to things that could be used as

10. Park in the best lighting available and lock your doors

6 Arriving at your destination safely

1. When arriving at night or before dusk have appropriate lighting be left on.
2. Scan the path from your vehicle to the door. Be aware of dark spaces, walls, bushes, vehicles, and corners.
3. Have a personal safety device readily available as well as your access to your destination.
4. Once you enter a residence check the premises for any unauthorized person(s) and be sure that doors and windows are secure. If someone at the location makes you feel uncomfortable leave and call the appropriate personnel.

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5. Keep your line of communication available at all times (cellular phone or landline).
6. If you observe any criminal activity, illegal drugs, assaultive or abusive behavior, or if you get that sixth sense feeling that makes the hair on your neck stand up, then you should leave and contact the police. Do not try to intervene or contact the police at the location where the activity is occurring.

8 What you need to know if you are confronted or overtaken

1. Escape is the best defense "Flight over Fight". If you see an opportunity to escape, then GO FOR IT! Scream for "HELP" or "FIRE!"
2. Do not allow the subject to get you into a car or take you to a secondary location. This typically means that the subject is not comfortable carrying out his plan at this current location. Statistics show that survival rates decrease tremendously when victims are moved to a secondary location.

Remember to continue looking for your opportunity to "ESCAPE"

9 When things get physical

1. The strongest muscles in your body are located in your legs
2. The hardest parts of your body are Elbows, Palms, Heels, Knees.
3. The most vulnerable points on the body are soft tissue areas: Eyes, Throat, Nose and Groin.
4. If you have access to a weapon use it (Pepper sprays, sharp objects, hard objects - if it can inflict pain it can be used as a weapon).

10 If you are forced into a vehicle

Wreck the vehicle out by grabbing the wheel and running it into something big enough to incapacitate the vehicles, escape and run for help. Remember to have that seatbelt on. This might make the suspect more at ease to, you don't plan on going anywhere, and seem cooperative. Be ready after the crash to take flight.

11 If you are placed in a trunk

1. Pull the taillights wire harness and look for an interior trunk release.
2. Break out the plastic taillight lens and hang something out of it. If the space is large enough stick your hand or fingers out to attract attentions.

12 If you are being assaulted

1. Survive at all costs!
2. Throw-up, urinate on yourself, do anything and everything you can do to discourage your assailant.
3. Don't give up! You Must ESCAPE!

13 When a weapon is introduced

1. This is the most dangerous of all criminals. The mere introduction of a weapon suggests that this person is willing to take your life.
2. According to retired homicide detective J.J. Bittenbinder (an expert in personal safety and street survival): When a weapon is used to force you into a vehicle or make you do something against your will - if a victim breaks free and runs at the first point of engagement, only 2% of victims are actually shot.
3. If a weapon is introduced in a robbery throw your purse or money to the ground and run away. A robber is usually motivated by money and material things.

14 Personal safety tools

What tool is right for you? What is effective? What are you comfortable using?

1. **Guns** (concealed handgun license.)

Pros: Ability to meet deadly force with deadly force.

Cons: Finality and Conscience
Proficiency and Accuracy
Safety carrying and storing
Retention
Liability
Expense

15 Personal safety tools (continue)

2. **Pepper Sprays**

Pros: Inexpensive very cost effective.
Easy to master
Easy to carry and conceal
Effective
Non-lethal

Cons: Not 100% effective
Effective range of 10 feet or less

16 Personal safety tools (continue)

3. **Personal Alarms**

Pros: Inexpensive
Easy to carry and use

Cons: No offensive value as a weapon
Must rely on someone else to

17  **Personal safety tools** (continue)

4. Self Defense Martial Arts

Pros: Health benefits

Confidence

Ability to overcome size and
strength difference

Cons: Proficiency is needed to be effective

Time commitment training and practice

Can develop false sense of security

18  **THE END**