

# SAFETY TIPS

*These are a few tips you should keep in mind in order to avoid possibly critical situation.*

## INSIDE THE HOME:

- List all emergency numbers and have them posted near the telephone.
- When a stranger calls and you are alone be sure that they think that you are with somebody.
- If someone comes to your home and asks to borrow the telephone offer to make the call for them DO NOT ALLOW them into your house.
- Have well made security locks/system installed on your doors and windows.
- Have a telephone or telephone service that allows you to screen all in-coming calls.
- When you move into a new residence change all the locks and have a peep hole installed in your door.
- Your directory listing and mailbox should have only your first initials and last name.
- Don't talk to telephone solicitors and wrong numbers.
- Be sure all entrances are well lit.
- Keep blinds and drapes closed at night.
- When entering your house have your keys ready.
- Visually check around your doorway from your car before approaching it to enter.
- Look inside your car before getting in.
- Never hide spare keys.

## OUTSIDE:

- When going away for an extended period notify a neighbour and arrange to have your mail and newspapers picked up.
- When using the bus get off as close to your home as possible.
- When using the bus late at night sit near the driver.
- Introduce yourself to your neighbours and exchange telephone numbers so that you can or they can check if there is something suspicious.
- If you feel you are being followed take your keys out of your purse and prepare the longest one in your hand as a weapon. Walk briskly and confidently. Get on a bus or hail a cab. If there are none around go into the nearest convenience store, restaurant, gas station or seek refuge in a private home. If you have no other choice then barricade yourself in a phone booth and dial 911 for the operator. ASK for help or if you need both hands to bar the door let the receiver dangle while repeating in a loud clear voice your location and situation. If you

have nowhere else seek refuge under a parked car while screaming loudly for help.

- When you are going to visit or meet someone be sure that they know when you are leaving and when you are going to arrive. If possible tell them the route you plan to take.
- Be aware of stranger(s) when you walk or bike in the park or pathway. Keep eye contact on them to send them the message that you are alert. Be alert do not cut corner(s) especially around bush area(s). Try to walk and bike with company. If you go alone let your family member(s) know the route you take. Two way radio walkie/talkie is a good idea to communicate with your family member(s) or neighbour. A flash light and a set of keys/ a long key chain will be also come in handy.

### **CAR:**

- Keep your vehicle in good condition and full of gas.
- Make sure your cel. Phone is in good condition. With 911 ready/emergency numbers for speedy dialing.
- Don't pick up hitchhikers.
- If you see a stranded motorist do not stop. If you wish to help phone for emergency service for them.
- If your car does break down raise the hood and get back in quickly. Lock all the doors and make sure the windows are up. Put on your emergency hazards. If someone stops to help ask them to phone for assistance if you do not have a cel. Phone. **DO NOT GO WITH THEM IN THEIR VEHICLE!!**
- If you feel you are being followed by another vehicle drive directly to the nearest convenience store, restaurant, gas station, fire station, hospital, parked police cruiser/station, some public place with lots of activity, dial 911/emergency numbers/family members for help, flash your lights at a passing car, seek refuge in a private home.
- When going to your car always visually check around before approaching it. Have your keys ready and look in through the windows before getting in.
- Always park in a well lit spot.

### **MISCELLANEOUS:**

- If there is a stranger in an elevator don't get in.
- If you are alone and a stranger gets on then you should get off and take the next one.
- Don't stay alone in the laundry room.
- If using a public washroom enter and leave as quickly as possible.
- When walking outside wear running shoes or something similar. **NOT HIGH HEELS.**
- Avoid the troublesome areas.

- Don't go to the bar alone.
- Have the local police/emergency/Canadian Embassy/hotel/your local friends's numbers handy when visiting foreign country.
- Inform your family members where you stay.
- Keep close contact daily with your family members while you are abroad.
- Have the hotel check and call the taxi for you.
- If hotel staff come to your door – housekeeping, security, do not open the door without calling the front desk first. Make sure these people are authorized to enter your room and that someone knows they are there.
- Inform the Canadian Embassy if you plan to stay alone in that foreign country for a long period of time.
- If you finish your shift at work late at night and you do not have a car, make sure you have your family member, manager from work drive you home. If you have a car, make sure the manager or coworker sees you get into the car safely, phone a family member first before you leave work and tell your family member which route you will take to go home.

**Preparation and prevention is better than “too late” and healing.  
The body can deal with it but it takes an awful long time to heal the  
spirit. Being prepared is not being paranoid it is being practical.  
Have a healthy and peaceful life.**

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