



### Flip & Grip

**Finger Grip** 

designed for accurate aim

prevents accidental

discharge

Safe & Easy to familiarize yourself with using a Mace brand pepper

spray

# safe.

Personal model

## The most important step for personal safety is being aware and not putting yourself in a position to become a victim don't be an easy target!

Safety Tips:

#### Avoid setting patterns in your routine: vary with your surroundings. Always walk alertly and look comfortable

General Personal Safety Tips

- Play a mental game of "what if?" to plan the dog, check the mail, etc. the times and route you take to work, walk
- Be prepared to defend yourself if the need how you would react in different situations.

should arise.

#### • Always park in a well-lit area as close to Shopping/Parking Lots

- your vehicle. Do not carry too many pack- Keep your car keys handy upon returning to rows near other cars. in outer areas of parking lots. Stay in middle your destination as possible. Avoid parking
- Do not hesitate to return to the store and their vehicles. contact with anyone that may be sitting by and those parked near you. Make eye Pay attention to the cars you are walking before getting in.

look in the back seat and/or hatchback When entering a car—especially at night, ages; make multiple trips if needed.

ask for a security guard to walk you to your

Walking or Jogging phone call for someone to meet you. vehicle or take the time to make a tele-

texting/MP3 players.

times. Don't be distracted by cell phones/ Pay attention to your surroundings at all let someone know your route. partner to jog with you. If you go out alone, A solid solo e filo e filo

with the operator and make a mental note ing by numerous times. Make eye contact Take note of vehicles slowing down or pass-

clear of thick bushes and dark doorways. • When walking, stay close to the street and color of vehicle and a license plate state.) of the description (male or female driving,

#### Keep a full fuel tank when traveling. **QuilevarT** bne elidomotuA

clothing.

out and help a stranded motorist. Offer to • Do not pick up hitchhikers or stop to get and when you expect to return. Make sure someone knows your travel plans

> including first aid, flashlight, and extra Keep a basic emergency kit in your car,

tire alone. Driving on a flat tire and damag-Call for help. Do not get out to change a flat • If you break down, stay in a locked vehicle. to do so.

call the police from your car when it is safe

#### • Make sure you have good outside lighting, Home Safety Tips ing the rim may be a safer alternative.

at various times.

emergency numbers posted at all phones • Always have a phone by your bed and short of a time you may be gone. • Keep everything locked, no matter how well lit at night while you're out.

dows and where you park. Keep the area especially around doors, vulnerable win-

- detector lights. door and window alarms and/or motion • Install a home alarm system or individual in the house.
- Be observant of unfamiliar vehicles or telephone call for them. thy they appear. You can offer to make a your residence, regardless of how trustworof not feel obligated to allow strangers into

lights in different rooms come on and go off  $\bullet$  While away, use lights on timers, but have

- and where you park your car. low level, especially around doors, windows Keep shrubbery and bushes trimmed to a suspicious activity to the police. people in your neighborhood. Report any
- check on your house occasionally if possible. collect your mail daily. Also have a friend paper deliveries stopped or have a friend Whenever you go on vacation, have news-