We don't live in a very safe world, and while we pay a lot of attention to securing our homes and assets, we tend to lose focus when it comes to our personal safety and security.

Whenever you are out and about, make sure you pay attention to your actions and your surroundings. Keep the basics top of mind, and you will go a long way in securing your safety and that of your loved ones.

24/7 Security Services shares some personal security tips for when you are out and about:

► Always be engaged in situational awareness – pay attention to everything around you, from cars to buildings, to people.

► Walk with your head straight and look at people in the street and your surroundings – you will be less likely to be taken by surprise.

► Keep your head up at all times and never text while walking. Keep your cell phone out of sight as it makes you a target for phone snatchers.

► Avoid suspicious or dangerous areas at night.

► Be aware of pickpockets in crowded buses and taxis - keep your bag as close to you as possible, fully closed and secured. Keep all valuables out of sight.

► Don't enter an elevator with another person if you don't feel comfortable with that person - wait for the next elevator or take the stairs.

► Pay attention to people loitering in the area when using the ATM. If you feel unsafe – leave immediately.

► Do not walk with both earbuds in your ears listening to music in the street – you should be attentive to cars and people, and vigilant to anything approaching you.

► It is always better to walk, run or cycle with a friend - ensure you maintain the correct social distance at all times and wear a mask.

► Carry some form of identification on you so that any bystanders will know who you are and who to contact in case of an emergency. Most exercise gear has small pockets for this very reason.

► Refrain from carrying your cell phone and other valuables while exercising – these items make you a target for criminals.

Always trust your gut feeling. If a situation does not feel safe, it is not. Move away.