ATTENTION
SECURITY
ALERTNESS
WARNINGS
SAFETY
AWARENESS

Personal safety begins with an individual's AWARENESS of their environment – no one can defend against the danger they couldn't see coming.

Electronic Distractions: Whether it's staring down at your phone or listening to music, electronic devices can seriously impair your ability to be aware of what is going on around you. Only use your devices after you've determined you are in an area or situation where it is safe to do so.

Peripheral Vision: Attempt to focus on something while also observing what's happening at the edges of your vision. This widens your monitoring range for detecting anything out of the ordinary.

Scan: Most people automatically scan new situations or environments but don't always focus on helpful information. Practice looking for exits, barriers, suspicious objects and people, and any other unique elements that could affect your personal safety.

Stop and Pretend: If you feel like you are being followed, either on foot or in a vehicle, stop and turn around, pretending as if you went the wrong way. The person's reaction following you will help you determine if they are indeed a threat. If they stop or reroute to mirror your actions, you can confirm that they are following you intentionally.

Become a Hard Target: Those with malicious intent generally single out individuals that seem meek, vulnerable, or unaware of their surroundings. Body language plays a significant role in how others perceive you - walk tall and act with confidence.

Personal Space: If someone is crowding you, seems suspicious, or displays threatening body language, scan them for subtle signs of violent intent or a hidden weapon.

Senses: Practice engaging all your senses (sight, sound, smell, touch, and taste) to their fullest extent to increase your personal safety. Regularly exercising your senses can make them keener, which can help you avoid unsafe situations, determine threats faster, and pick up on critical information more quickly during emergencies.

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WHISTLE BLOWERS

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