



August 2023

## South Africa celebrates *Women's Month* this August, and 24/7 Security Services encourages you to share these safety tips with all the women in your life.

### **Be Aware - Awareness is the most important line of defence**

Life is fast-paced and busy, and our minds may not be focused on what we are doing or where we are going. Whether walking, sitting in their cars, driving, or entering their homes, people frequently have their heads down, paying attention to their phones, unaware of who or what is around them. In addition, many people, especially young adults, do everything with their earbuds switched on. It is impossible to pay attention to your surroundings when all you can hear is your music, podcast, video, or phone call. Keep your earbuds out of your ears when in a potentially vulnerable situation.



### **Trust Your Sixth Sense**

Humans have the gift of a gut instinct, sometimes called the sixth sense. Unfortunately, many people overlook this instinct or even label it paranoid or judgemental. It is best to trust the feeling if you feel a situation or person could be unsafe. If you think someone is following you or acting strangely or suspiciously, report them. Better safe than sorry!

### **Never Get Too Comfortable**

It is important to remember that just because you're in a familiar setting does not mean that you are safer than anywhere else. The area around your home, your favourite stores, your regular walking route etc., are all areas where you may feel at ease, but they aren't necessarily safer than anywhere else. Stay alert and aware.

### **Buddy Up**

Avoid walking alone. When you are out, especially early morning and late afternoon, it is best to have someone with you. If you must be out alone, try to stay in well-lit, public areas.



### **Always Be Prepared**

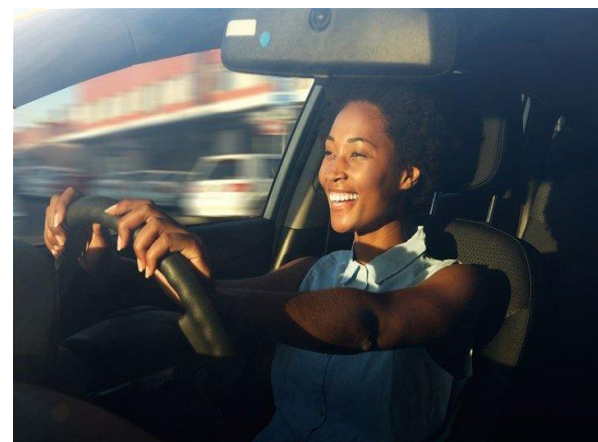
When walking alone, carry a self-defence tool, like pepper spray or a mobile panic button. Keep it at the ready, not tucked away in your handbag.

### **Don't Be Flashy**

Never be flashy with items like your smartphone, purse, or expensive jewellery when you are out and about. It can serve as an open invitation.

### **Car Safety**

- When walking to your car, have the key out and ready to go before exiting the building – that way, you don't have to dig in your handbag when standing by your car.
- Immediately lock your car doors once you are inside and begin to drive. It is not safe to sit in an unlocked car and turn your attention to something else!
- If you feel uneasy, ask someone trustworthy, such as a store employee or security guard, to accompany you to your car.
- If anyone asks for assistance with car issues when you're alone, stay in your car and offer to call for help. Do not get out and help them.
- Ensure your vehicle is in good condition and you have sufficient fuel before departing. Check the spare tyre and ensure it is properly inflated in case you have a flat tyre.
- Always lock your car doors and store your belongings out of sight.



## #SafetyFirst

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