



Women's Month

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

Be Aware

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. Awareness is the most important line of defence!

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.

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.

Never Get Too Comfortable

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.

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.

Trust Your Sixth Sense

Humans have the gift of a gut instinct, sometimes called the sixth sense. 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!**



Cell Phone Safety

- Do not leave your phone on the restaurant table - put it in your pocket or bag
- When queueing at a shop or ATM, keep your phone out of sight
- Don't walk and text in public and be alert when making calls in public
- While refuelling at a filling station, do not sit in your car engaged on your phone with the window open
- Do not text while sitting in traffic – you are a soft target for criminals moving between cars
- You need to exercise, your phone does not! Leave your phone at home when exercising in public