

SITUATIONAL AWARENESS



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1

Learn to predict events:

The most effective aspect of situational awareness involves the ability to project the future actions of elements around you. Use this information to think ahead and determine how it will affect future actions and events in the environment.



2

Identify elements around you:

Start by noticing the threats/non-threats that surround you. This is the most basic level of situational awareness where you begin to monitor, detect and recognize multiple situational elements. These includes objects, events, people and environmental factors.



3

Limit situational overload:

Overload causes distraction, increased errors and high stress. Prioritizing, delegating tasks and minimizing surrounding distractions can improve survival during times of overload.



4

Be aware of time:

The pace of your environment is constantly being changed by the actions of individuals, task characteristics and outside elements. When unplanned events begin to arise, be sure to make the necessary changes to your schedule and goals to help you survive.



5

Actively prevent fatigue:

Fatigue affects your ability to watch for possible danger or difficulties. Try adjusting your work routine and imposing sleep discipline to prevent wake cycles longer than 18 hours.



6

A confused mind is your worst enemy:

When in confusion, you tend to overlook clues that could help you. You get distracted, make mistakes and increase the confidence of a potentially threatening person. Clear your mind.



7

Step out of the smartphone zone:

Take your eyes off your smartphone and look around. Smartphone usage is emerging as a leading cause of accidents and attacks since it blinds you to your environment.



8

Use your senses:

One of the excellent ways to improve your situational awareness is to turn on your senses. You need to utilize your sight, hearing, smelling, touch and taste to strengthen your power of observation.



Safety Facts

An initiative to share a safety and security tip to encourage caution amongst society it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.