

TIME TO PROTECT YOURSELF AGAINST EVERYDAY CRIME!

Remember: knowledge is power!



Considering today's scenario, it's more important than ever to be safety conscious.

ALWAYS be alert and aware of your surroundings. No matter if you're walking outside to check the mail or returning to your car after picking up a few things from the grocery store, be vigilant of your surroundings at all times. Look all around, including your "Six"—a military term for "watch your back"—to ensure no one is following you or loitering nearby.

Both men and women travelers should exercise caution when travelling. Here are some quick action points that all should remember to protect themselves against any unfortunate incidence:

On Foot

- Always follow your instincts - if you see or sense any problems on your way, change your route and regularly change your routines
- Avoid wearing conspicuous jewelry when out alone. Also consider your clothing. Will you be going out after work? Get into the habit of leaving restrictive clothing and shoes for those occasions when you are certain that you have no reason to anticipate danger, such as in large crowds, or being picked up after work, etc.
- Fight the urge to listen to music, even if going for a jog - if you feel unsafe, phone a friend or family member, share your concerns and get them to stay on the line with you until you safely reach home
- Try not to act or look like an easy target - maintain eye contact with those around you and be aware of your blind spot
- If shadowed by a car, run back in the direction from which you came. Never presume it's just a coincidence - it's better to be safe than sorry
- Never hitchhike, even in an emergency - use public transport or taxis instead, or phone someone close to you to pick you up



- On buses, don't choose the window seat to avoid being "blocked in" by a potential assailant - always choose an aisle seat or sit behind the driver
- On metros, after peak hours choose the train compartment carrying the most passengers
- Stay awake and alert when using public transportation.
- Keep valuables out of sight and luggage close at hand. If carrying a handbag, keep it in front of you, closed, with the fastening toward your body. Keep a wallet in your front pants pocket.
- When traveling, dress casually; dress down where appropriate.
- In any crowded situation, be aware of any crowding or jostling, even if it appears innocent. This is often a ploy by pickpockets to distract you.

Taxis



- Avoid flagging taxis from the street - try to order taxis in advance so that the driver can be traced. Also note the vehicle number and driver details, which one can text to loved ones as a precaution before you set off.
- Always check the identification of the driver and ensure that it matches the driver before boarding your pre-booked cab.
- Be wary of cars with central locking
- Don't sit behind the driver as it may be easy for him or her to lock the rear passenger door - always choose the adjacent seat (precautionary suggestion only)

- also walking to your car, so always approach your vehicle with the keys ready
- Always check your car before entering. Don't check texts, etc. once you're sitting in your car - lock the doors and leave immediately
- Windows should be up and doors locked, even when driving, to avoid unwanted passengers at intersections
- Never leave your car unlocked, even for a few minutes to pop in somewhere - attackers have been known to lie in wait for such an opportunity
- Never get into a car, even if ordered to under duress - immediately run away screaming and calling for help. It's much more likely that the attacker will drive away than going after you
- Never pull your car over from a quiet road, even if someone drives alongside your car pointing at the tyres, etc. Continue driving to a well-lit and crowded area before exiting your car
- If you have car trouble and are walking to look for help, always walk against the traffic so that you can see what is coming
- Always be alert in parking lots, especially in the dark. Look at those cars parked on either side. If you are afraid, don't be too shy to ask someone to escort you to your car. Onsite Security often provide "Safe Walk" escorts for this very purpose, so check with the security provider before exiting the building.

By using these basic safety tips and your own common sense, you can reduce your vulnerability and help protect yourself.



Public Transport

- Safety in numbers- wait in a coffee shop or in a well-lit area for public transport to arrive

Motor Vehicles



- Danger areas include stepping out of your car either at home or in isolated areas, and

If you are the victim of abuse call 100 for police assistance immediately.



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