

# STAYING SAFE

We want to make sure that everyone we work with has the information they need to stay safe. We know this is very important and so we are going to do lots of things this year about Personal Safety.

We're going to:

- Put information in our Newsletters about how to stay safe in different situations such as:
  - ✓ In your home
  - ✓ Out and about
  - ✓ On transport
  - ✓ On the phone
  - ✓ At a cash machine
- Run some workshops and other events about staying safe
- Help you to get the things you need to help you stay safe such as
  - ✓ A security chain on your front door and/or a spy hole in your front door
  - ✓ A secure wallet for your contactless card
  - ✓ A personal alarm
  - ✓ Useful tips for keeping yourself and your things safe
  - ✓ Where and how to get help if you need it



To start with here's a few tips about.....

## How to keep safe when out and about

When you go out it is a good idea to know how to keep yourself safe so before you go:

- ✓ Plan where you are going and how to get there
- ✓ Keep your money, mobile phone and keys in a safe place like your bag or pocket (not your back trouser pocket though) so they do not get lost or stolen
- ✓ Keep your bag with you at all times and never carry all your money and important things in one bag.
- ✓ If you can, tell someone where you are going and when you will be back
- ✓ Take only the money you need. Keep some in your wallet or purse and some in your pocket
- ✓ Take a mobile phone if you have one and the phone number of someone you know. Take some coins in case you need to make a call from a public phone.
- ✓ Look like you know where you are going and you know how to get there
- ✓ If you have one, take a personal attack alarm with you. Keep it where you can find it easily. Make sure you know how to use it.
- ✓ If you can, go out with friends or someone you know
- ✓ If you can, keep away from quiet, dark places
- ✓ Never get into a car with someone you don't know

