# Buddy Up For Safety

## AND OTHER TIPS TO HELP KEEP YOURSELF AND YOUR CO-WORKERS SAFE!

"Being aware that crime can occur, anywhere, to anyone, is the first step in crime prevention."
Burlington Police Chief Tom Tremblay

## TAKING CARE OF YOURSELF AND OTHERS WHEN WALKING AT NIGHT:

♦ BUDDY UP WITH CO-WORKERS AND WALK TOGETHER.

♦ INSTEAD OF WALKING, HAVE A ROOMMATE, FRIEND, OR PARTNER PICK YOU UP, OR CALL FOR A TAXI. (have #'s in cell phone or on hand at all times)

♦ LET SOMEONE KNOW WHEN YOU ARE LEAVING WORK, WHAT ROUTE YOU ARE TAKING, AND WHEN THEY SHOULD EXPECT YOU HOME.

♦ IF YOU HAVE A CELL PHONE, MAKE SURE BATTERIES ARE CHARGED AND KNOW YOUR EMERGENCY CONTACT NUMBERS.

♦ STAY IN WELL-LIT AREAS AND WALK IN THE MIDDLE OF THE SIDEWALK AWAY FROM BUILDINGS, ALLEYS, AND BUSHES.

♦ WALK WITH CONFIDENCE TO AVOID BECOMING A TARGET OF CRIME AND KEEP BELONGINGS CLOSE TO YOU TO MINIMIZE CHANCES OF THEFT.

♦ IF A SITUATION GIVES YOU A FUNNY FEELING, TRUST YOUR GUT. GET AWAY, OR BE LOUD TO CALL ATTENTION TO YOURSELF.

## TAKING CARE OF YOURSELF AND OTHERS IF YOU DRIVE TO WORK:

♦ LOCK YOUR CAR DOORS WHEN YOU GO TO WORK.

♦ PARK IN WELL-LIT AREAS WHENEVER POSSIBLE.

♦ WALK WITH CO-WORKERS TO YOUR CAR, DRIVE THEM TO THEIR CARS, AND MAKE SURE EVERYONE GETS INSIDE THEIR CARS AND LEAVES SAFELY.

♦ HAVE YOUR KEYS IN HAND WHEN APPROACHING YOUR VEHICLE.

♦ LOOK AROUND AND UNDER YOUR CAR WHILE WALKING TOWARDS IT AND STOP WALKING IF YOU SEE SOMETHING.

♦ LOOK INSIDE THE CAR BEFORE GETTING IN, AND LOCK YOUR DOORS WHEN IN.

## PLANNING AHEAD CAN KEEP YOU SAFE IF A SITUATION OCCURS:

♦ IF BEING ROBBED, TURN OVER BELONGINGS WITHOUT A FIGHT.

♦ IF BEING FOLLOWED, CROSS THE STREET, CHANGE DIRECTION, OR VARY YOUR PACE. IF YOU ARE BEING FOLLOWED BY SOMEONE IN A CAR, TURN AROUND AND WALK IN THE OPPOSITE DIRECTION. IF THEY PERSIST, CALL THE POLICE IMMEDIATELY AND RECORD THE LICENSE PLATE NUMBER.

♦ IF GRABBED, DON'T FREEZE OR PANIC. DRAW ATTENTION TO YOURSELF BY YELLING WORDS LIKE <u>CALL 911</u>, <u>HELP</u>, AND <u>NO</u>, LOUDLY AND REPEATEDLY.