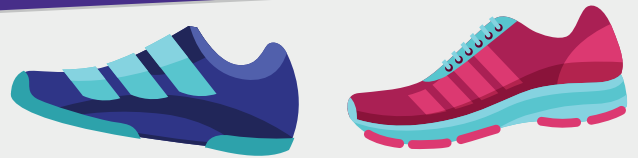


PERSONAL SAFETY TIPS: WALKING

People often feel vulnerable when walking, particularly if they are alone, it's late or it's dark. Wherever possible, walk with a friend, colleague or someone you know. When walking alone, there are many measures you can take to improve your safety.

CHOOSE APPROPRIATE FOOTWEAR

Wear sensible shoes (e.g. trainers or flats) that will allow you to make a quick getaway.



BE ALERT TO YOUR SURROUNDINGS



A distracted person is an easier target. Avoid having headphones in both ears or looking at your phone. Concentrate on where you're going and what's happening around you.

WALK WITH CONFIDENCE AND PURPOSE

Keep your head up and walk with a steady pace as if you know where you're going even if you don't. If you need to look up directions, find an open place of business and go inside.



STICK TO PUBLIC AREAS

Avoid cutting through parks, fields, alleyways, woods or other shortcuts. Shaving off time from your journey isn't worth the risk.



WALK IN THE DIRECTION OF ONCOMING TRAFFIC

It will prevent vehicles from pulling up behind you and you'll be able to see any incidents happening up ahead.



DON'T GO HOME IF YOU THINK YOU'RE BEING FOLLOWED

Go to a friend or family members' house if it's close. If not, go somewhere public where you can alert someone. Don't be afraid of what other people will think: if it's your safety versus a stranger's opinion, always make your safety a priority.



CARRY A PERSONAL SAFETY ALARM

Press the SOS button and tell the alarm handler you feel unsafe. They will stay on the line until you feel safe. If anything happens, then they can get help to you faster than 999.

