

10 TIPS TO IMPROVE PERSONAL SAFETY

Personal safety is a weekly concern for a fifth of the workforce which means that up to 6.8 million people are worried about their safety at least once a week. Here are simple ways to improve your feelings of personal safety: majority only require common sense or following good safety practices.

1. Stay alert

Constantly be aware of your surroundings to prevent being caught off guard. Awareness is your best defence.



2. Trust your instincts

If something doesn't feel right to you, trust your gut and take action. It's always better to be safe than sorry.



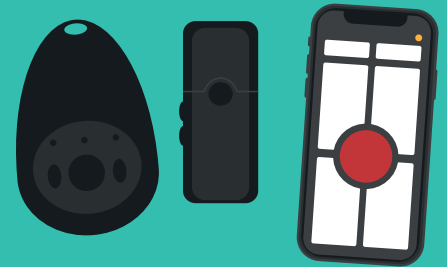
3. Don't be afraid to say

NO

If a stranger is asking for help and you feel as though something isn't right, politely tell them you can't help right now and keep moving.

4. Carry a personal safety alarm

Either a dedicated device or app which can raise an alarm and summon an emergency response when you're in trouble.



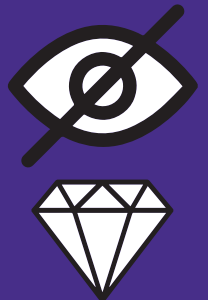
5. Store emergency contacts on your phone

Save a list of trusted contacts in case the emergency services need to reach them after an incident.



6. Keep your valuables hidden and spread out

Make yourself less of a target by not advertising anything valuable. It's also a good idea to use different spaces for items like phone, keys and money.



7. Carry cash

Although majority of transactions are made via card or phone, having a small amount of cash is always sensible.

8. Let someone know where you are going

At least one person should be aware of where you are, where you're going & how long you expect the journey to take.



9. Don't fight for your valuables

If you're unfortunate enough to be targeted by thieves, let your valuables go. They can be replaced, you can't.



10. Scream for help

If someone attempts to grab you and they don't have a weapon, scream at the top of your lungs for help.