



# MSU-ES Dawg Tracks

May, 2012

*Safety Tips:  
Personal Safety*



Acts of crime and violence are incidents that we read about occurring in cities, not in rural and small town areas. All of that has changed now, as it seems that no area is exempted from the risk of varying degrees of criminal actions. We shall endeavor to list and divulge some hints that will be advantageous if the need arises for some self-defense help. Obviously, we hope that never happens to anyone.

## AVOIDING CRIMINALS-

- The elbow is the strongest point on your body. If you are close enough to your culprit, use it!
- If a robber asks for your purse and/or wallet, don't hand it to him. Throw it away from you. Chances are he wants the money, not you. He will go for the purse or wallet. When he does, run in the opposite direction.
- If you are thrown in the trunk of a car, kick out the taillights-stick your arm out of the hole and start waving like crazy. The driver can't see you but everyone else will.
- Women tend to get in their cars after shopping, eating, or working and they make "to-do" lists or balance the checkbook. This is a bad habit! Assume that the predator is watching you and may get in on the passenger side, pulls a gun on you, and tells you where to drive. When you get in the car lock the doors and leave!
- When you get in the car from a parking lot or parking garage, look around the immediate area. Look in the car, front and back and floors.
- If you are parked next to a big van or even a mini-van, enter your car from the passenger side. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
- Check the cars parked on either side of you. If a man is sitting alone in either car, you need to return to the mall or work. Ask a guard or security person to walk with you back to your car.
- Always use the elevator instead of the stairs. Stairwells are terrible places to be alone and the perfect crime spot.
- If a predator has a gun, run away! Statistics show that they can only hit their target four percent of the time; even then it most likely won't be a vital organ.
- Many women try to be sympathetic-a bad habit! Ted Bundy, the serial killer, was a good-looking, well-dressed and well-educated man. He always played on the sympathies of unsuspecting women. He walked with a cane or a limp and often asked for "help" getting into his car, which is when he abducted his next victim.

## TIPS TO FOIL A PURSE SNATCHER-

Purse snatching is a crime! Criminals are attracted to targets that are easy and inviting. Your best defense is to take steps to make your property less inviting to criminals. The harder you make it, the less likely you are to become a crime victim.

- ✓ Don't carry a shoulder bag. This makes it easier for a thief to grab your bag, knock you down and injure you.
- ✓ Carry a small clutch type bag under your arm.
- ✓ Don't walk with your purse dangling or wrap the strap around your shoulder, neck or wrist. A strong tug from a thief could injure you.
- ✓ "Fanny packs" are a safe alternative to the traditional purse. They're worn tight and close to the body, making them harder to grab.
- ✓ Shop with a friend. You're safer when you're not alone.
- ✓ Don't carry large sums of money, valuable jewelry or all of your credit cards in your purse. Instead, carry the ones you will need for that day. This holds true for your checkbook. Only take the checks you'll need and keep them to a minimum.
- ✓ Don't leave your purse in shopping carts or on counters-even for a minute. That furnishes the thief with an open invitation.

## OTHER TIPS TO AVOID CRIMES (FOR WOMEN)-

- Memorize or keep police numbers easily accessible.
- When you get home or in your office -lock the doors. Check all windows to be sure they are locked and doors to see that the locks are functioning (haven't been tampered with).
- Do not leave "spare" keys outside. Criminals know where they are as well as you do. Leave them with a neighbor or close relative nearby.
- Do not open your doors unless you know who is out there. A good investment would be to install security chains on all outside exit doors.
- If you think you are being followed, drive to the nearest police or fire station. Also try to stay in well-traveled areas. If you have a cell phone, call 911.
- Keep ample distance between you and other cars at traffic lights. Be wary of vehicles bumping into you to simulate an accident.
- Be cautious of friendly offers to help. The person could be a criminal with intentions to hurt you.
- Do not assume that you are safe in daylight hours. Women have been abducted in daylight hours and murdered later at night.
- Take a self-defense course and carry pepper spray. A good hint in the office is to keep a can of insect spray on or near your desk.

These hints, if used and kept, just might save serious injury to you or some of our fellow employees.

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*Excerpts: [www.safetycenter.navy.mil/ssafetytips](http://www.safetycenter.navy.mil/ssafetytips)  
<http://volusia.org/sheriff/nirse.htm>*