

# 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 CALL 911, HELP, AND NO, LOUDLY AND REPEATEDLY.

