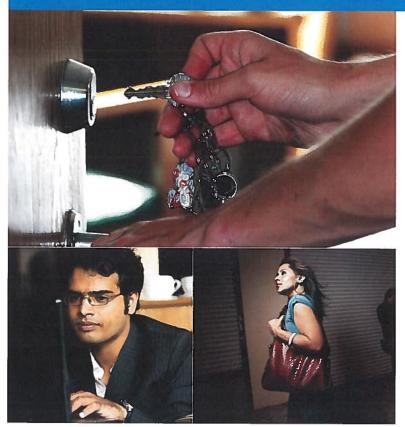


Halton Regional Police Service

Tips for Personal Safety



The Halton Regional Police Service is pleased to offer the following series of personal safety to help reduce your chance of becoming a victim of crime.

Safety While Walking:

- Trust your instincts. If your sixth sense tells you to be wary, pay attention.
- Inform others when and where you are going and check in with them when you reach your destination
- Avoid walking alone
- Have your cell phone in hand and make sure it is well charged and you have reception
- Make sure you know where you are at all times: street name, town name, park name, etc. so that you can give accurate location information to police, if needed.
- Walk with a purpose. Be attentive of your surroundings at all times. Do not use earphones.
- Be careful where you walk. Take the safest route
 not the quickest. Avoid dark and isolated places,
 unlit streets and shortcuts through parks and/or
 vacant lots.
- Walk on the well lit side of the street with traffic oncoming on the curb side away from alleys and doorways. Do
 not hug corners. Take them wide.
- Use shadows and silhouettes to know if someone is there without having to see them
- Use a mirror to look around corners, stairwells and behind you
- When taking public transit alone, avoid waiting or getting off at isolated stations/stops. Arrange for a family member or friend to escort you home from the station.
- If you suspect you are being followed, cross the street, go to the nearest house or store and call the police.
- In the event of an attack, use your cell phone to call 9-1-1. Scream, shout and draw attention to yourself.
- Do not retreat to an isolated area. Head for a busy one.

Managing Daily Habits:

- Being unpredictable is a new safe habit to adopt
- Alter your walking and driving habits
- Change shopping and banking routines. Conduct errands on different days and times as well as different places.
- Vary the places you usually socialize



In Public:

- Exercise caution when conversing with people you have just met. Avoid giving your name, address and/or place of employment.
- It is risky to accept a ride home and/or invitation for a night cap from someone you have just met.

Technology and Privacy:

 Do not advertise your activities and/or location on social media. Anything posted on websites like Facebook are in the public domain and can be easily accessed by wouldbe criminals.

Safety While Driving:

- Ensure your vehicle is in good working order
- Always have at least 1/2 a tank of gas in your tank. Fill up during daylight hours if possible.
- Use the ON STAR feature on your vehicle, if available
- Always carry a cell phone and car charger
- Always park in well lit and well attended areas
- Avoid the rears of malls. If in a multi-storey parking area, ensure that you park in a well lit area with easy access to an elevator or stairwell that is also well lit.
- Select parking spaces that you can pull straight out of and has no blind spots
- Never leave your vehicle unattended with the engine running, even for a few seconds. Turn the ignition off and take the keys with you.
- Lock all of your vehicle's doors when entering and exiting
- Never leave personal identification or valuables in your vehicle. Lock all valuables in your trunk before you leave home.
- Have your keys ready when approaching

- your vehicle. Check its interior and exterior before getting in.
- Have someone escort you to your vehicle in the evening or in vacant areas
- Secure children and belongings quickly and securely.
- Know where you are going. Vary your driving routes.
- Be aware of your surroundings while driving and keep all doors locked.
- Keep a safe distance from the car in front of you
- Keep a CALL POLICE sign in your vehicle for use if needed
- Do not accept help from a stranger if stranded. Stay in your vehicle and use your cell phone to summon help. Only exit your vehicle if it is in an unsafe position on the road.

If You Are Being Followed in Your Vehicle:

- If possible, note the licence plate as well as the make and model of the vehicle following you
- Call the police and drive to the nearest police station or a busy open place such as a coffee shop
- Get noticed by others so you can deter the person following you
- Honk your horn and flash your lights.
- Obey the rules of the road at all times. Try to stay clam and focused on what you are doing and where you are going.

Additional Safety & Security Tips:

For additional crime prevention tips, visit www.haltonpolice.ca. Click on Community Policing --> Safety & Security Tips.

For more information, contact:
Halton Regional Police Service
905-825-4777
www.haltonpolice.ca