

PERSONAL SAFETY



The odds of you being victimized by crime while in a public place are low. However, your personal safety is at risk anytime you go out. For this reason, you must protect yourself, Remember, criminals often plan crimes and look for the right opportunity with the easiest victim. Your best defense is to plan ahead. Being safer doesn't require changing your lifestyle, personality, wardrobe or to stop going out. The Sterling Police Department provides the following crime prevention measures to increase your personal safety and security.

WAYS TO DISCOURAGE BURGLARS:

At Home:

- ◇ Have your key in hand when approaching the entryway
- ◇ Wait outside if anything looks unusual (i.e. open door or broken window)
- ◇ Give hide-a-key to a trusted neighbor
- ◇ No personal identification on key rings
- ◇ Change the locks if you lose your house keys

Walking:

- ◇ Avoid walking alone. Be confident & walk with purpose
- ◇ Choose busy, well-lit streets and avoid isolated areas, alleys and vacant lots
- ◇ Walk facing traffic to see approaching cars
- ◇ Earphones make you less able to sense potential danger
- ◇ Keep valuables in an inside pocket and hold your purse under your arm so they are harder to snatch

Driving:

- ◇ Keep your car in good running order
- ◇ Plan your route in advance
- ◇ Drive with the doors locked and windows rolled up
- ◇ Carpooling is a safe alternative to driving alone
- ◇ Don't stop if another driver tries to force you off the road

Parking:

- ◇ Choose well-lit parking areas
- ◇ Keep valuables and packages locked in your trunk
- ◇ Always remove the keys and lock the doors
- ◇ Be alert in underground or enclosed parking garages

Returning to your car:

- ◇ Have your keys ready before getting to your car
- ◇ Be aware of occupied cars around you
- ◇ If you carry packages, keep one hand free
- ◇ Check inside and around your car before unlocking the door

Automated Teller Machines (ATM's):

- ◇ Memorize your personal identification number
- ◇ Have everything ready before arriving
- ◇ Be aware of people loitering and sitting in parked cars who may be watching customers transact business
- ◇ Never use an ATM after dark

Public Transportation:

- ◇ Locate well-lit and frequently used bus stops
- ◇ Check schedules in advance
- ◇ Do not walk alone
- ◇ Sit near the driver on busses
- ◇ Immediately report incidents of verbal or physical harassment to the driver

At Work:

- ◇ Get involved with improving work place security
- ◇ Walk to and from the parking areas with other people
- ◇ Avoid using the isolated and deserted stairways
- ◇ If a suspicious person follows you into or is already in an elevator, get out immediately
- ◇ Check rest rooms before locking the door

Outdoor Activities:

- ◇ Advise someone of your route before leaving
- ◇ Carry proper identification
- ◇ Vary your route and schedule so you are not predictable
- ◇ Avoid outdoor activities after dark
- ◇ Carry the necessary tools in case of an emergency
- ◇ Carry a personal alarm

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Make safety a habit.

Stay alert to your surroundings.

Everyone can't do everything,
but everyone can do something!

For emergencies, call 911

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