

THE FOUR “RISKS” OF PERSONAL SAFETY

RISK AWARENESS

RISK REDUCTION

RISK RECOGNITION

RISK AVOIDANCE

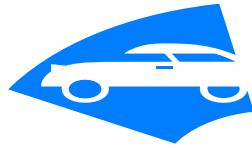
THESE REPRESENT 90% OF SELF DEFENSE EDUCATION

The following risk reduction strategies are offered, not as “parental sounding” demands, but as considerations. Evaluate each strategy independently as to whether or not it may apply to you and your specific circumstances. The bottom line is: you are ultimately responsible for your safety.



Elevator-When in an elevator, be aware of other people. Stand close to important buttons and/or telephone. If a suspicious person gets off on your floor, be sure that you are not followed.

Cell Phones- Consider obtaining a cell phone first and foremost for safety reasons. Ensure that you program emergency numbers for quick access (Sheriff’s Department @ 911, Campus Safety @ 562-777-4000). Cell phone can also serve as deterrence.



YOUR VEHICLE-

Vehicle Keys- Being ready for an encounter is to your advantage! Try to have your keys in the ready position to open your door or start your car. This provides you with a device to defend yourself if attacked. If used for defense, poke eyes and soft tissue. Avoid the practice of lacing keys between fingers, as this not very effective and may hurt your hands.

Approaching Your Vehicle-Before getting into your vehicle, give it a quick visual check from a safe distance. Glance under the vehicle during approach. If you notice anything suspicious retreat immediately and notify the Sheriff’s Department or Campus Safety.

After scanning the vehicle and it appears safe, unlock the door and check the back seat area.

Once Inside- Remember to lock all doors in case someone attempts to enter your vehicle. Consider keeping the windows rolled up as far as the weather permits. Place your carry bag or valuables out of sight to reduce “smash and grab” type theft.



Being Followed- If you think you are being followed, instead of going directly to your office, make a few extra turns, but only if familiar with the area you are in. When convinced that you are being followed, drive to the nearest police or fire station, or if you are in the area of the Professional Building/
main campus contact Campus Safety at 562-777-4000 for assistance. Avoid stopping in isolated areas and try not to become separated from populated areas.



Parking- When driving into a parking lot or structure, try to park in a well-lit area. Also consider backing into the space. A lighted area should keep vandals away from your vehicle. Also try to avoid parking next to vans or large trucks, and be cautious when returning to a vehicle parked next to a van or large truck. When walking back to your car, try not to walk close to other parked cars, stay in the center of the access way if traffic permits. This will give you more reaction time. When in an angled parking lot, walk with the direction of traffic flow in the lot, enabling you to see between parked vehicles.



Disabled Vehicle- If you become stranded on the highway, think safety, and consider staying in your vehicle. Turn on the four-way flashers, and then wait for the police or road service to arrive. Cellular phones can be tremendous help in these situations. If you have a flat tire, and you know how to repair it, then attempt to do so. If you are interrupted during the changing process, pick up your tools and get in the vehicle. Be wary of vehicles bumping into you to stimulate an accident. If it is only a bump and not an accident, consider continuing to your destination and calling the police when you arrive there.

Flyer on Your Window-Be cautious about Flyers left on your front windshield. Do not remove immediately if it does not obstruct you view. Rather, drive to a safer location and then remove. Criminals can sometimes use flyers as a means to distract people.



Retreating from Danger- If you find yourself in a situation that may jeopardize your safety, retreat to a safe location immediately and contact the Sheriff's Department or Campus Safety. Your overall awareness will increase reaction time, however, placing obstacles between you and the attacker will force him to negotiate the obstacle before he can get to you.

All of the above mentioned strategies are mostly common sense and do not require extensive preparation to implement, just forethought and an alert mind. Use these basic risk reducing steps to reduce the chances of becoming victimized but understand fully that they are not "foolproof."

VICTIMIZATION TRIANGLE

Victim

Assailant

Opportunity

(Remove the Foundation of Opportunity)



For more information contact:

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Visit our website at:

www.biola.edu/offices/campus_safety/

**Common Sense Rules
for
Personal Safety**