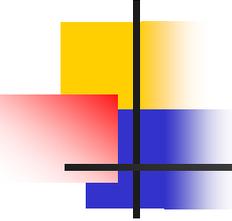


# Field Safety Training

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## Preventing Workplace Violence

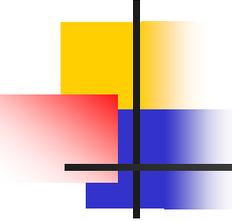


# Before you leave...

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1. Leave information about your car (make, model, color, license number) with your office.
2. Leave a visiting schedule with an expected time of return with your coworkers.
3. Know exactly where you are going and have accurate directions.
4. Be sure your car is in good working order and has plenty of gas.



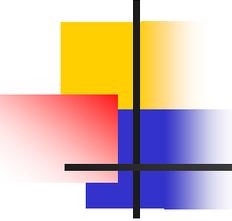


# Before you leave...

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1. Plan visits early in the day, if possible.
2. Dress to fit the surroundings so as not to call undue attention to yourself.
3. Do not carry a purse or wear jewelry, except for a simple watch.
4. Lock your purse or other valuables in the trunk *before* you leave.
5. If warranted, request accompaniment.

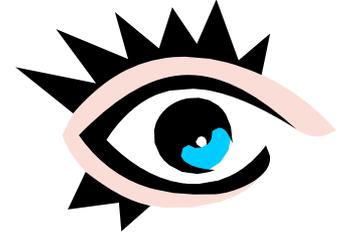


# While driving....

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- Lock the car doors. Keep the interior free of personal belongings.
- Watch for strangers approaching you without apparent reason.
- Don't stop and help stranded motorists. Contact the police. If you must stop, park your vehicle 50 ft in front of disabled vehicle. Stay in your car and lower the window 2 inches. Keep car running with your foot on the gas pedal. Inform the motorist that you will relay the problem to the police.



## Before entering the house...

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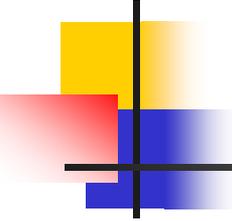
- Familiarize yourself with nearby emergency resources. Be aware of your surroundings.
- Be alert and trust your first instinct.
- Park your car in a well-lighted place. Lock your car. Carry your keys in your hand.
- Do not walk through a crowd; walk around if possible.
- Don't be distracted by whistles or derogatory remarks. Do not provoke a confrontation.

# Before entering the house...

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- *Walk healthy as if you could conquer the world.*
- If someone grabs any property from you, let it go.
- Stand to the side of the door (opposite the hinges), rather than directly in front.
- Pause at the door before knocking and listen. If you hear loud quarreling or some other disturbance, leave immediately.



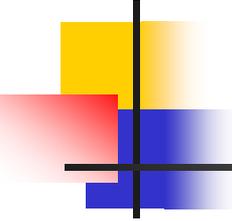


# During the Home Visit

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- Be aware of others in the household and where the exits are.
- Attempt to position yourself close to an exit.
- Do not attempt to break up a domestic argument.
- If you feel uncomfortable regarding your safety, make an exit in a non-threatening manner (e.g. set your pager off, find some excuse to leave the home.)

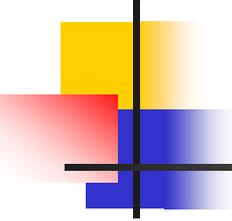


# In a Tight Situation at the Home

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- Try not to show any facial expressions.
- Control your breathing.
- Speak slowly and lower the pitch of your voice.
- Maintain eye contact.
- Don't challenge, but be assertive.
- Repeat what you are there for.
- Stand up and leave.



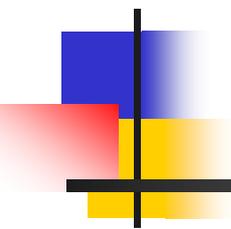


# After the Visit

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- Look under your car and check the back seat and floor before entering.
- As soon as you get into your car, lock the doors and leave!

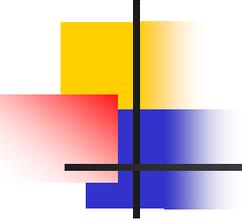




Women are  
*“Easy Targets”*

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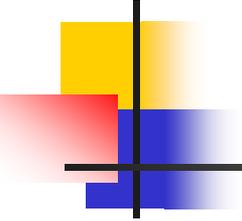
Safety Tips



# Increase Your Awareness

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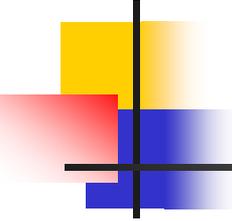
- Women have a tendency to get into their cars after shopping, eating, working, etc. and just sit (doing checkbook, making lists, etc.)
- As soon as you get into your car, lock the doors and leave!



# Increase Your Awareness

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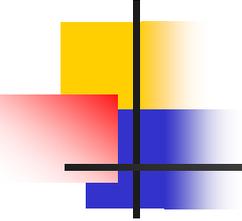
- If you are parked next to a van, enter your car from the other door. Many serial killers attack their victims by pulling them into their vans while the women are getting into their cars.
- Look at the car parked next to your vehicle. If someone is just sitting in it, you may want to use extra caution.



# Safety Tips

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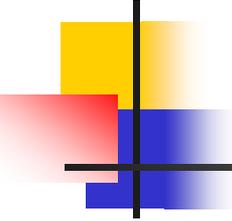
- Always take the elevator instead of the stairs. Stairwells are a common crime spot.
- If a predator has a gun and you are not under his control, RUN! The predator will only hit a running target 4 in 100 times. And even then, it most likely will not be a vital organ.



# What Attackers Look For

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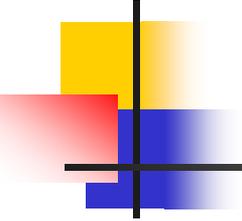
- Women with a ponytail, braid, or other hairstyle that can be easily grabbed
- Clothing that is easy to remove quickly
- Women who are distracted (talking on cell phone, searching through purse, or other activities while walking)



# Most common places and times

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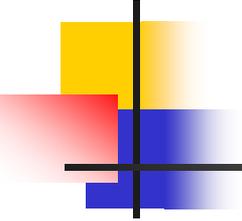
- Grocery store parking lots
- Office parking lots/garages
- Public restrooms
  
- Most attacks occur in the early morning between 5:00 and 8:30 a.m.



# Discourage attackers

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- Carry an umbrella or similar object that can be used from a distance
- Put up a fight; yell or scream
- If someone is following, turn and look them in the face and ask a question
- Pepper spray – causes pain, hampered vision, and choking/coughing



# Use Self Defense

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- Pinch under the arm between the armpit and elbow or in the upper inner thigh
- Grab first two fingers and bend them back as far as possible with great pressure
- Put your two fingers down into the space between the clavicle bones
- Hit the weakest targets: eyes, throat, groin, knees
- Use the bottom of your feet, elbows, hammerfists and palm heel strikes