

# Personal Safety

Presented By

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# Pre-Planning Your Visit

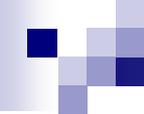
- Dress for the occasion (no jewelry, high heels, etc.)
- Bring along a briefcase or “duty bag” to carry your supplies which could serve as a barrier in the event of a dog attack (no purse)
- Place purse and other valuables in a safe location. Consider putting them in the trunk of the car before arrival or leaving them at home.
- Leave your route of travel/visits with somebody

# Arrival at Location

- As you pull into the area, be on the look out for possible escape routes in the event of an attack (have phone calls completed before arrival)
- Scan your surroundings and identify possible areas that would leave you vulnerable
- “Check out” at your location: advise your office of the place and time you will begin attending to your patient.
- If you need to use the phone, keep it short and pay attention to surroundings
- Consider keeping a written “Log” of your appointments in your vehicle

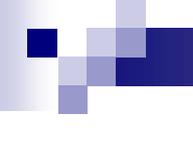
# Vehicle to Residence

- Be aware of your surroundings – people, possible ambush points, escape routes, etc.
- Take note of any dogs near by
- Walk in open, well lit areas
- Try not to make calls or text upon your approach to the residence
- Keep at least one hand free – strong hand
- Don't engage in conversations with strangers on the street (distraction technique)
- When walking to residence, keep cell phone and other valuables hidden



# Inside Residence

- Again, be conscious of escape routes
- Keep cell phone nearby-have emergency numbers pre-programmed
- Have an excuse prepared in case something doesn't feel right and you need to get out quickly
- Be aware of changing situations such as additional people arriving after you



# General Safety Tips

- Be confident-look the patient and others in the eye
- Remember that if something doesn't feel right- it probably isn't (get out)
- As always, be aware of your surroundings
- Carry as little cash as possible
- When walking back to vehicle, have keys ready in case you must enter vehicle in a hurry
- Be very careful using ATMs in unfamiliar place
- If in danger, yell specific things like "Call the police, I'm being attacked"
- Be aware of people around you