



# 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 would-be 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](http://www.haltonpolice.ca). Click on Community Policing --> Safety & Security Tips.

For more information, contact:  
**Halton Regional Police Service**  
905-825-4777

[www.haltonpolice.ca](http://www.haltonpolice.ca)

*Progress Through Participation*