

Personal Safety: What You Can Do

Safety and Security Tips from S.E.A.L. Security Solutions (832) 900-7917

Personal Safety

Personal safety, including safety both inside and outside your home, is your responsibility. There are many things a person can do to increase their level of personal safety. This article covers the basics of personal safety, and it is our hope that these reminders will benefit you.



Basic practices, such as keeping doors and windows locked, parking your vehicle(s) in the garage, and not leaving tools or other implements available outside that can be used to gain entry to your home are just some of the easy steps you can take to ensure your personal safety.

Being Safe at Home

- Keep a first aid kit handy. This should include bandages and gauze, isopropyl alcohol and hydrogen peroxide, surgical tape, antibiotics, and over-the-counter pain killers.
- Keep emergency supplies well stocked.
- Have a security system installed and display the evidence prominently.
- Outfit your doors with good-quality locks.
- Keep your yard clean and well-lit.
- Keep your car inside the garage, if you have one.
- Have a security system installed and display the evidence prominently.
- Outfit your doors with good-quality locks.
- Keep your yard clean and well-lit.
- Keep your car inside the garage, if you have one.



Protect Your Home Against the Risk of Burglary

Burglary is one of the most traumatic and confidence-shattering things that can occur to someone. Take the steps necessary to make sure it doesn't happen to you and your family:

Keep Emergency Supplies Well Stocked

In the event of an emergency, you want to be prepared. A safe home should have the following items stocked in a safe place, in case you need them:

- Batteries, flashlights, a radio.
- A pocketknife.
- Canned goods and other nonperishable items.

- Lots of water.
- Matches or lighters and candles.

Being Safe at Night

- Carry a cell phone.
- Travel in groups-If you must walk alone, stick to well-lit areas and use reliable routes.
- Avoid neighborhoods with high crime rates.
- Let people know where you're going.
- Consider carrying some personal defense- While it's not necessarily advisable for everyone, learning to safely carry pepper spray or mace can be an effective safety tool, if you absolutely must walk alone regularly. These deterrents are effective against assailants, stray dogs, and more importantly can help to keep you feeling safe as you walk around.



**Oak Forest
Hotline
(832) 900-7017**

Protect Your Home Against the Risk of Fire

Whether you're a home owner or a renter, it's important to take steps to protect your home against the threat of fire. Take the following steps to sleep secure, knowing that you've done what you can to protect your home from fire damage:

- Install smoke detectors and test them regularly.
- Keep a fire extinguisher in your home, and keep it updated regularly.
- Unplug electrical devices that are not in use and make sure your wiring is up to date.
- Develop an escape plan and practice it with your family.

Best Practices

- Be aware of your surroundings.
- Trust your gut. If a situation or person feels unsafe they probably are. You might be picking up on subconscious signals. Even if they are perfectly fine, it's better to be safe than to get into a bad situation because you didn't trust your instincts.
- Use timers to turn lights and televisions on and off when you are not home.
- Keep valuables in a floor or wall safe. When installing a safe, avoid obvious locations such as the master bedroom closet.

HOME

VEHICLES

KIDS