



Safety Tips Review Sheet

Operate in Condition Orange: Condition orange is the lowest acceptable level of awareness. It is **NOT** a state of paranoia. It **IS** about living in the present moment and being aware of your surroundings. The radar is on!

Stop, look and listen: No matter where you are or what you are doing, take a few seconds to stop, look and listen for anything that is out of place. When something does not seem right, leave the area immediately or ask for help.

Program your cell phone: Calling 911 from a cell phone in many instances will NOT connect you with an agency in your immediate jurisdiction and this may cause you to be put on hold and experience significant delays in getting help. Have the emergency number for your area programmed into your cell phone as the first entry.

Where is the nearest land line / populated area?: If your cell phone does not work, take notice of where you could go for help (Shopping centers, homes, businesses, fire stations, police stations, the last house you passed on that rural country road, etc.)

You own strangers nothing: Remember, a perfect stranger who wants something from you and keeps pressing the issue after you have stated **NO** clearly, is a significant danger signal. Forget about offending someone, it is **OK** to be strong and assertive when they did not get the message.

Predators seek weakness: Carry yourself with strength. It is important that you appear filled with confidence, relaxed and totally in control when facing a predator (animal or human). Remember, a predator seeks those they can control and those they feel will offer the least resistance or chance of being caught or hurt.

Breathe: Remember when you are feeling a hormonal heart rate increase to begin your autogenic breathing. Controlling the breath will keep you calmer and help you to avoid becoming overwhelmed by the flight or fight response. Practice this constantly.

Power in numbers: Although it is no guarantee for safety, having people with you will significantly cut down the chances of a predator targeting you. Having two people in condition orange increases your power of perception & awareness.

Beware of false Prophets: Remember your survival signals and get your radar up if anyone tries to use forced teaming, charm, typecasting, too many details, loan sharking and the mother of all red flags; the unsolicited promise.

No materialism allowed: No piece of personal property, no matter how dear to you it may be, is worth becoming a victim. When faced with a serious threat, let the property go. All things can be replaced.

First things first: Your first and foremost consideration at all times should be your safety and the safety of others. Focus on the threat, determine its intent and capabilities based on the behavior you observe and then ACT with conviction and determination.