

Situational Awareness Checklist

From the book "Surviving the Threat by Antaeus Balevre

On The Street

- BE AWARE of what and who is around you.
- Muggers single out people looking at or talking on cellphones as easy targets. So don't do it.
- To avoid becoming an easy target, stay alert and use good judgment.
- Trust your instincts, they are usually right.
- Remember ORE. Observe and React, Engage as a last resort.
- Walk with purpose. Swing your arms and take purposeful strides like you know where you are going.
- Communicate that you are calm and confident, by your posture. Stand up straight, and make quick, but deliberate eye contact with the people around you.
- If you suspect you are being followed, go to a well-lighted and well-populated area.
- Face oncoming traffic. To prevent a vehicle from sneaking up on you, walk on the side of the street with traffic coming toward you.
- Stay away from dark streets and avoid walking alone.
- Don't take short cuts through deserted areas.
- Protect against pickpockets. Wrap a wide rubber band around your wallet, and keep it in your front pocket.
- Don't display large amounts of cash.
- Avoid wearing expensive jewelry.
- Bypass street solicitors.
- Try not to carry a purse. If you must, keep it securely under your arm.
- To avoid injury, never wrap the purse strap around your arm.
- Don't have a tug-of-war if someone grabs your purse.

At the Mall

- Be aware of your surroundings at all times. "See On The Street."
- When exiting the mall, look around you before going to your car.
- Lock your vehicle door immediately.
- Wait until you are in your car before looking at your cell phone.
- Be aware of what type of vehicle is next to your car. Vans are a red flag.
- Always keep one hand free of packages.
- If someone tries to pull you into their vehicle, don't let them. Fight for your life.
- Your vehicle fob has an alarm button, if you feel threatened use it.

Vehicle Security

- Parking garages are like an ATM for thieves.
- Park in well-lighted areas, preferably so you can see your vehicle and what or who is around it from as far away as possible.
- Have your vehicle keys ready before you approach the vehicle.
- Your vehicle fob has an alarm button, if you feel threatened use it.
- Look into the back seat and floorboards of your vehicle before you enter.
- Lock your door as soon as you enter your vehicle.
- Keep the windows rolled up enough so that an arm cannot be inserted through the window opening.
- Keep your purse on the floor or under the seat so it is out of view.
- If you are bumped from behind by another vehicle, do not immediately exit your vehicle. Assess the situation first. If you feel uneasy, remain in your vehicle until the police arrive.
- Give up your vehicle immediately if someone threatens you with a weapon. Your vehicle can be replaced, you can't.
- If your vehicle breaks down, raise the hood to signal for help. If possible, remain inside your vehicle. If someone stops to assist you, have him/her call for help. DO NOT allow them inside your vehicle, and do not accept a ride from them.
- If another vehicle is following you:
 - Pull over to the curb at a spot where there are people.
 - Let the vehicle pass you.
 - If the vehicle continues to follow you, drive to the nearest gas station, police station, fire station, etc. for help.
 - DO NOT DRIVE INTO YOUR DRIVEWAY
 - DO NOT PARK ON A DESERTED STREET.

Public Elevators

- Always look inside an elevator before entering.
- If someone suspicious is already on the elevator, DO NOT get in.
- While waiting for an elevator, if someone approaches and you feel uncomfortable, DO NOT get on the elevator wait for the next car.
- Try to stand next to the elevator control panel. If someone on the elevator bothers you, press all the buttons on the panel. This will sound the alarm and open the doors at every floor allowing you an opportunity to escape.

Safety at Home and at Work

Home

- If an intruder confronts you inside your home, there is greater potential for violence in this type of situation.
- Keep your doors and windows locked, even when you are home.
- Verify who is on the other side of the door BEFORE you open it.
- NEVER open the door to a stranger.
- Be suspicious of unannounced or unexpected persons claiming to be repair or service people. Always ask for their company ID and call the company for verification of repair/service.
- If you don't have a window on the door, have a peephole with a 180-degree viewing angle installed.
- Always acknowledge a caller at your door, but do not open it. Some burglars ring the doorbell, and if there is no answer, they break in.

Work

- Keep your purse with you or hide it in a locked desk drawer or cabinet.
- Never leave your purse unattended on or in an unlocked desk drawer.
- Use discretion in revealing your own personal plans to people at work, someone else may be listening.