



# Personal safety tips

## Key safety tips

- Stay alert
- Travel safely
- Prepare to arrive

## Personal safety checklist

### Stay alert

- Keep one ear free if using headphones. Don't wear headphones while driving.
- Be aware of your surroundings. Look around and keep your head up.
- Pay attention to people around you.
- If someone is walking towards you and you feel uncomfortable, cross the road.
- Record suspicious cars' registration numbers. Do not use your phone while driving. Keep a pen or pencil in your car to record registration numbers.

### Travel safely

- Walk confidently and with purpose.
- Walk on well-lit streets.
- Walk in the opposite direction to oncoming traffic.
- Choose the route with the most people around.
- Ring a trusted person and talk to them while you walk.
- Ask a friend, colleague or security to walk with you.
- If you think you are being followed, walk into a shop.
- Tell someone where you are going and when

you are expected to arrive. Tell them if your plans change.

### On public transport

- Check timetables to avoid long waits, particularly at night.
- Avoid isolated bus, train and tram stops.
- Wait on well-lit areas of the platform or stop.
- Travel in a busy carriage or near the driver on trams and buses.
- Ask a friend, colleague or PSO to walk with you to your car at the station.

### In the car

- Always lock your car doors.
- Keep your windows up when stationary or driving through slow-moving traffic.
- If you believe you're being followed, do not drive home. Drive to a police station or petrol station as these will usually have CCTV cameras and staff present.

### **Prepare to arrive**

- Keep your keys in your hand so you don't have to search for them when you get to the car or home.

## **What to do if you feel unsafe**

- If an incident happens near work, tell your supervisor or manager.
- Protective Services Officers (PSOs) and Police Officers are on platforms and trains until the last train.
- No issue is too small to report. Report suspicious behaviour to police.