

PERSONAL SECURITY & SAFETY ADVICE

FOR WOMEN



Keep a phone USB charger cable in your bag so you can charge your phone if necessary.



Keep to populated and well lit routes.



Not wearing ear pods or being on your phone will make you more aware of your surroundings.



Carry a personal safety alarm and don't be afraid to use it. You don't have to wait until you're being attacked, use it as soon as you feel threatened.



Don't take short cuts through parks or by rivers for example.



If you're intending to walk home alone, make someone aware of the route you are taking.



Send your location to people through WhatsApp as you're walking home alone.



Trust your instincts, if you feel uncomfortable, leave the area.



If someone is being threatening towards you, try to put a barrier between you both like a bench, car or street sign.



If you need to shout for help, shout as loud as you can.



+44 (0) 7939 532 682



support@securityandsafety solutions.co.uk



securityandsafety solutions.co.uk



**Security and
Safety Solutions**