

"Safety Suggestions - Handout"

Three General Ways for Safety

1. Keep yourself safe
2. Assist others to be safe
3. Get assistance when necessary

Develop Safety Toolkit for Yourself

- Contact information
- Health related information

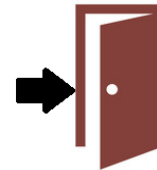


<u>Health Information</u>	
CPR	_____
Allergies	_____

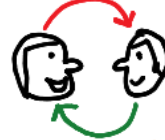
<u>Emergency Contact</u>	
Name	_____
Phone	_____

Remind Yourself of Safety Tips

- Meet strangers in public setting
- Know your exits
- Be aware of your surroundings
- Have a way to contact someone
- Follow a Buddy System
- Avoid walking in unlit areas
- Have emergency phone numbers
- Be alert and attentive
- Never take risks when it comes to safety
- Eliminate distractions



Buddy System



Reminders



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Summarize
Key Information

Plan reminders