

Don't Be In The Dark

Be smart about night safety

It's been a long day and you're exhausted. As you make your way to your car, you hear someone walking behind you. Turning your head, you see the fleeting shadow of a person. Frightened, you hurry to your car and try to forget about the footsteps, telling yourself you were just being paranoid.

The truth is, you cannot be too cautious when walking alone at night. When leaving your job after hours, it is important to take the necessary precautions.

You can minimize the risk and the stress of being frightened by practicing the following safety precautions.

Travel In Groups

Whenever possible, travel in groups. Arrange your departure time with others' so they coincide.

If you live close to a coworker, you could car-pool. This will ensure that you always have someone with you as you walk to your car in the dark. You will feel much safer if you are not alone and will be less likely to experience trouble if you are with others.

Know Your Environment

As you get close to your car, look underneath to make sure no one is hiding. Also, as you get in, check the back seat.

Being aware of your surroundings is one of the best ways to keep yourself from harm. You can feel secure that you are safe as you get in your car to go home.

Park Close To Lights

Even though it is daylight when you arrive at work, be sure to park under streetlights. If your car is well lit, the likelihood of some-body singling you out for trouble will be reduced.

When you leave work, you will find it much easier to spot your car quickly. Having to search for your car in a dark, unsafe area can be frightening and even potentially dangerous. As you approach the parking lot, you will be relieved to see your car in a brightly-lit area.

Look Confident

No matter how nervous you feel, always act confident and alert. The people most likely to be targeted as victims are those who shuffle along with their heads down and seem to be unaware of their surroundings.

Your alertness and caution can intimidate a potential perpetrator and save you from becoming a victim. Practice these tips tonight to help ensure your safety.

Twilight Tips

Stay in well-lit areas as much as possible. Park in lots that have street lamps and security.

Carry a safety device. You might wish to keep pepper spray or a safety alarm with you.

Always be aware of what is going on around you and carry yourself in a confident manner.

You may find it helpful to carry a portable telephone or keep one in your car in case of emergencies. You could have an agreement with a family member that you will always call them when you are getting ready to leave so they will be watching for you.

Always travel with someone. There is greater safety in numbers.

Look under the car and in the back seat to make sure no one is hiding.