

Cell Phone C.O.P.S.





Safety Tips for Cell Phone Cops Users





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1.0 INTRODUCTION TO SAFETY

When you think about your family's safety, what comes first to mind?

Do you automatically think about:

- Your home,
- Your work area,
- Health emergencies,
- Accidents,
- Crime-related issues,
- Or all of the above?

Have you ever thought how assuring it would feel to possess a simple formula that effectively protected you from almost any unwanted event? Have you ever taken any self-defense courses or safety courses related to crime?

With an increased population comes an increase in unexpected occurrences, not only in the number of road accidents, but crime incidences in suburban communities.

Therefore, no matter where you are -- whether you're at home, at work, out shopping, jogging, or even outside the protection of your usual surroundings, you need to have a protection plan in place to keep you and your family safe.

In this report, we are going to discuss, categorize and bring to your attention areas of concern. Then we'll specify the safety methods you can apply to be safe in each area and supply you with a simple overall concept that can be easily remembered and utilized in the future.

ATTENTION: We Are Focusing On Safety Tips For You And Your Family... These Are "Must-Have Strategies You Must Know To Keep You And Your Loved Ones Safe No Matter What. Please keep reading...



When you are out in public, it is important to have your cell phone, PDA and other wireless devices on you without having them in plain view. It's a good idea to attach them out of sight on your belt loop or to your purse. When you have electronic devices that thieves might want to steal, you don't want to have them easily accessible so that they can be tempted to snatch them and run.

1.1 Be On The Alert & Aware

Here are some safety tips to be on the lookout for:

- Don't leave electronic devices unattended in places such as on tables or in carts or in school lockers.
- Don't leave your cell phone or devices in your car in plain view. Instead, lock them in the trunk when you leave your car or take them with you.
- Wear loose clothing so it will easily come off or tear if a thief happens to try and snatch it away. You don't want them to drag you off with them do you?
- When you are using cell phones and electronic devices, be careful where you are using them.

1.2 Questions You Should Consider

Ask yourself these questions. Do you know what to do if:

- Someone comes up behind you in a parking lot?
- If you are in a bank and a robber comes into the bank?
- If someone tries to come into your home unexpectedly?
- If a person tries to get into your car while you are driving?
- If someone is being attacked when you are walking down the street?

Well – We are taking your safety seriously with our Digital Community Watch. We are concerned with making it convenient for you and your family to use your cell phone as a protective device, not only for 911 emergencies, but also for communicating potential safety issues and or crime-related occurrences.



As a point of concern, DO NOT try to take the law into your own hands... Leave that to the properly authorized and trained law enforcers in your area. You will serve your family and community better by being the communicator.

Here are some more questions to ask yourself.

- What would you do if you had someone point a gun at you?
- How would you protect yourself when you are out at night shopping or at the A.T.M. machine -- or even in the day time?
- Have you told your partner and or children how to protect themselves when possible danger approaches?

It's sad but true... There are no second chances when that unexpected danger comes right out of nowhere at you. We are faced with these dangers every day. If you take steps to be prepared in advance to act for your safety and know what to do, you can dramatically increase your chances of surviving the incident intact.

There is a fine line between sounding negative and frightening you... but there is also the very important factor to consider -- **that you should be realistic and prepared.** It's like the Boy Scouts preparing for being lost in the forest, facing unknown circumstances and having to navigate their way out... Most people think that they would know what to do if something unexpected occurred, but the reality is this:

Unless we practice and have it down to a science of habit, our instincts just wouldn't be enough to save us.

Researchers have found that the most people lack enough information and may have done more harm or damage than necessary when something does occur.

So it is absolutely essential that you take a safety course and have very simple but effective ways to protect and react as required when the unexpected happens.

It comes down to you and your community members to take responsibility of being prepared to safely defend yourself and those around you should you should be an unwilling target of an act of violence or dangerous circumstance.



2.0 PROTECTIVE DEVICES

There are many types of protective devices available today that come in many forms such as sprays, stun guns, and others. However, in some areas, they are not practical to use -- so where does that leave you?

Should you rely on a safety device, or should you undertake specialized training to protect yourself properly?

Cell Phone Cops are pleased to give you the added advantage of having your cell phone or wireless device to utilize and be of assistance to you when safety issues arise.

3.0 SAFETY TIPS

This section focuses on categorizing areas of safety that you should be conscious of and gives practical tips to consider in your day-to-day habits.

3.1 Home Safety Tips

- Always keep the doors in your home locked, even if you think your neighborhood is safe.
- When leaving your home, be cautious and look around you when locking the door and getting into your car.
- Keep windows locked, lights on at night, and the alarm system activated.
- Keep cell phones charged and a phone close at hand in the bedroom within arms reach in the evenings.
- Always be aware of possible dangers and have your local 911 and emergency numbers convenient.
- Take a safety course in your community for weather and emergency preparedness.
- Keep parking areas clear and well lit for safety.



- Do not leave a house key outside or hidden near your front or back door for convenience. If you do, don't conspicuously retrieve it from the hiding place in daylight or under a lit area at night.
- Keep garage doors locked. Be careful opening the garage door when arriving and departing your home.
- If you suspect any type of change in your home, before going inside, inspect the key/door to see if something is out of place or different. If you are unsure, don't hesitate to ask a friend or neighbour to accompany you inside. If suspicious, call the police.
- If you recently moved to a new home, immediately change the door locks -- even if you are renting. (You can always replace the original locks when you next move).
- Educate your children and spouse with safety education /prevention measures.
- Keep a pen in every room to use as a potential weapon, write license plates down on a pad or make notes of suspicious activity.
- Do not display your name on your mail box or leave your upcoming schedule on your answering machine.
- Do not let strangers inside your house to use the phone or any service person that you are unsure or unaware of. Always ask for and check credentials thoroughly.

3.2 Shopping Safety Including Parking Lots/ATMs, Banks & Driving Safety

- Always be aware of your surroundings and become observant. Concentrate on what you are doing when you are walking in and out of the bank or parking lot.
- Keep your keys in hand and be ready to open your vehicle door. Always check the back seat of your vehicle first before getting into the car.
- Consider that when you get in and out of your car you may be in danger, especially when shopping. Don't leave your shopping trolley unattended.
- Never leave your car door unlocked and NEVER allow the engine to be running while you run into a store or to use an ATM.
- Keep car doors locked and windows up while driving and while stationary at traffic lights.
- Stay alert when going into parking lots, especially multi-level parking garages. Always make a mental note of exactly where you have parked your vehicle and if necessary, ask security to walk you to your car.
- Keep your cell phone at hand at all times and your safety device when out.



- Keep items in your car for safety, maps, jumper cables, charger for your cell phone, flares, flash lights, and spare money for emergencies. Keep these items concealed in the trunk of your vehicle so they don't attract petty thieves.
- Park in well lit areas and not beside heavy trees or shrubs that conceal the street.
- Where applicable, allow the valet to park your car and do not go to vacant or unattended garages without video surveillance.
- If someone is setting next to or near your car, you may want to have someone approach your car with you -- or you could first observe the person to see if they are acting innocently or suspiciously... If they are acting suspiciously, contact security first before approaching your car.
- Beware of young males or groups loitering in parking lots, loud behaviour, drunkenness or anyone causing an annoyance to others.
- If you are approached, go back quickly to a safer place close by and ask for an escort, or call someone on your phone (even if it's a fake call). Don't hesitate to use your alert system if faced with immediate danger.
- Inform friends or family of where you are going. Let them know when you arrive and the approximate time of when you intend to return.
- Keep your car fully gassed as much as possible to avoid being caught without petrol. If you have to stop unexpectedly, stay in your car and call for assistance. Do not let anyone in your car and keep it locked. Some people genuinely want to help, but it is safer not to let strangers assist. Roll the window down a little and let them know that roadside service is on the way.

3.3 Jogging/Walking & Secluded Areas

- Do not jog or walk in secluded areas alone, even if it's during the day. Consider the number of attacks that have been made on innocent people exercising. Remember, safety in numbers.
- Do not assume that your area is safe just because of the reputation of the area. Strangers don't normally live in your area...
- When walking or jogging, find a house, business or busy area that you could take refuge in if necessary. Some houses display a neighbourhood watch sticker on their letterbox.
- Do not listen to music or iPods with earphones when jogging or running, as this reduces your concentration and makes it hard to hear a potential approaching villain.



- Use different paths for exercise, changing your route regularly so predators who frequent the same area don't focus on you.
- Always keep your cell phone and personal protection device with you and at hand.

3.4 Public Transport Safety

- Wait at a well lit bus stop or taxi service stand.
- Sit on the outside of the isle seat so you won't be blocked in.
- If you have to travel on a bus or train at night, choose a carriage that has more passengers as opposed to an empty carriage.
- Sit as close to the driver of the bus or guard on the train as possible. Near an exit door is a good position to travel in.
- Keep your cell phone and personal device with you at all times.
- Check the taxi identification plate to ensure the driver is the same as the one registered.
- Where possible, order the taxi from inside a building or via a cell phone and don't flag it from the street. This will ensure that your call is registered with the taxi company.
- Try to be next to the driver and not alone in the back seat of a cab. If you are uncomfortable riding in the front or the taxi doesn't allow it, ensure you lock both doors in the back after you get on board.
- Before you get into a taxi, check to see if power locks are present that may prevent you from getting out.
- Have a map if necessary and know your destination in advance so you know where you are at all times and can tell if the driver is heading in the right direction or not. Don't be afraid to tell the driver if he is going the wrong way.

3.5 Travel Safety Tips

- When traveling by air, ensure you purchase travel insurance that includes medical care and well as replacement of lost luggage etc.
- Make a photocopy of tickets, itineraries and important documents in case they are lost or stolen.
- Try to look like you belong to the area and keep expensive jewelry and clothes at home.



- Do not talk about where you are going at a volume that other people can hear your intentions.
- Keep your belongings locked in the hotel safe and not in your trunk.
- Keep only small amounts of money in your pocket and not in a purse over your shoulder. If you must carry money, consider utilizing a travel money belt.
- Keep the door to your hotel room locked at all times.
- Verify who is knocking on your door before opening your hotel room door.
- Keep credit cards and passports in a concealed money belt or in the hotel safe in your room or at the reception desk.
- Keep an eye on your credit card every time you use it and make sure it is your card given back to you. Don't let employees of restaurants, shops etc. go away with your credit card so you can't see or hear transactions being carried out.
- Write down emergency numbers and be aware of the police to report claims immediately.
- Become familiar with safety/fire exits and never leave luggage unattended.
- When leaving the hotel room, put the "Do not disturb" sign on the door, and call housekeeping when ready for room servicing.
- When returning to the hotel, use the main entrance and be cautious in the parking lots.

3.6 What To Do In Crowds?

You can't always be prepared for surprises... That is what accidents are -- occurrences that happen very quickly. But you can be forewarned of unexpected concerns so you can react promptly.

- Always be aware of weather patterns changing in the area, especially with rapid events of tornados, storms, fires, floods etc.
- Know where the exits are so you can take immediate action in case of emergencies.
- Know the 911 numbers and how to use your cell phone to transmit to the alert system in the area.
- Be prepared for CPR or Emergency First Aid by taking a First Aid course.



3.7 Life Threatening Situations

If you are ever faced with an emergency situation involving violence or weapons, follow this practical guidelines:

- Do not try to grab the gun or weapon.
- Look inconspicuously for a possible way of escaping to a safe area.
- Do not try to be a hero and risk your own or other's safety further.
- Do not challenge the attacker or become verbally loud and/or aggressive.
- Try not to show emotion in your features where possible.
- Move slowly if you need to and tell them if you are going to move first.
- Do not put up a fight or resist with trying to keep your belongings. Let them go. Your life is more important.
- Be prepared to give your money or whatever is demanded of you.
- Try to get a visual image of the criminal with out staring so you remember features etc.
- If possible, use your cell phone alert system, if the perpetrator is not in your immediate vicinity.
- After confrontation, immediately call 911 and use your cell phone alert system.

3.8 General Safety Tips

- When you see a potential problem or a confrontation beginning in the direction that you are travelling, try changing direction by turning off in a car or walking across the road to avoid it. Defend yourself if needed. And always use your cell phone alert system.
- Look confident and maintain eye contact so they know you are prepared for emergencies.
- Never resist a robber. Your life is more important then your purse or wallet.
- Check to see if you have a neighborhood watch in your area. If not, consider helping to start one.
- Remember that alarms are a deterrent for burglars.
- Dogs are also a deterrent for burglars.



It pays to know what you would do if you were attacked and to have a plan of action to avoid unwanted situations. Plan an escape route in advance. Keep calm and practice your safety techniques so they become a routine part of your life.

With these specific categories and general tips to safety, and the combination of your cell phone alert community system and common sense, we hope to help you keep both you and your family safe in all situations.

By preparing and becoming observant and aware of your surroundings, you can enjoy going out and about with the assurance that you are better protected and safe. Consider carrying non lethal self defense and personal protection devices as well.

The best defense is to be prepared and alert at all times so you can have the "peace of mind" and confidence that you would know how to react in an unexpected situation.