

Information on Safety Precautions from the UCS Department of Public Safety

No matter what circumstance you find yourself in, whether it is the performance of your everyday activities, or an unusual, unexpected situation, always try to exercise common sense and good judgment. Personal Safety is all about planning ahead, thinking about possible risks, and taking practical steps to avoid or mitigate the risks. If you remember the following three “A’s and three “P’s,” they will help you remain safe.

Be Attentive to Routine Details-No amount of safety precautions can make us completely safe, but we can learn to avoid many of the dangers and how to react quickly in situations where we are at risk. It helps to vary your routine, instead of following the same path every day.

Be Aware of Your Environment-Notice anything that is unusual. Check your home for safety. Before you leave, make sure that locks work and windows close securely. Don’t hesitate to bring any out of the ordinary occurrence to the attention of the local police force. If appropriate, ask the police for a home assessment.

Be Alert to the Consequences of your Decisions—For example, appreciate the risks you are taking if you walk down a dark, deserted street. Be wary of talking to strangers. If you drink alcohol in social situations, plan to have alternate transportation available. Remember that alcohol reduces your ability to gauge the safety of a situation and to take appropriate action. Always let a family member or friend know your plans.

Plan for Emergency Situations-Create a plan for the whole family to follow in case of hazardous weather conditions, blackouts, evacuations, or other emergencies. Know your exits, transportation methods and evacuation routes. Make sure that everyone has emergency contact numbers for other family members or friends.

Prepare by Having the Right Tools-Create a **go bag**, a collection of items you may need in the event that a disaster forces you out of your home, to include: copies of important documents and IDs, contact information, bottled water, non-perishable food, first-aid kit, medications, flashlight, cash, and extra keys. In order to have enough supplies for your family to survive for at least three days on your own at home, create an **emergency supply kit**, to include: bottled water and non-perishable food, first-aid kit, medications, flashlight, radio, extra batteries, whistle, bleach, personal hygiene items, warm clothes and shoes.

Practice so that you are ready to Respond-Make sure that all family members know where the **emergency supply kit** and **go bag** are stored. Take time to practice emergency exit procedures, as well as steps necessary to secure your home if you have to stay during a disaster.

For questions or further information, contact the Department of Public Safety by phone at: 914.824.5706, or by email at: DPS1@courts.state.ny.us

