

Situational Awareness

PERSONAL SAFETY AND SITUATIONAL AWARENESS

1: Pay attention to your surroundings

Look beyond your immediate location. You should be looking 30 feet or farther in front of you. Your brain will pick up things that seem "off" and the extra distance gives you time to react to an unexpected situation. This is especially important when entering or leaving a building, including your home.

2: Constantly scan left to right

Don't just look forward, take in your WHOLE environment. You should even look behind you from time to time. This will connect you to where you are and actively raise your alertness. It also warns criminals you're not an easy target.

3: Alter travel routes when driving

It is easy to fall in to a routine. It makes you comfortable and that leads to less awareness. By changing things up, it keeps your attention level higher and gives you the opportunity to see things you might otherwise miss.

4: Put your phone away

Phones and tablets keep us connected to the world. We can shop, bank, order dinner and talk to our friends all at the same time. The problem is it pulls your attention away from the physical world and makes you an easy target.

5: Don't look like a victim

Posture, body language, eye contact and projected confidence (even when you are uncomfortable) go a long way in telling would-be criminals you are not the victim they are looking for.

6: Trust your intuition

We all know that feeling of "something isn't right." Trust that feeling. Take steps to get away from that situation. Walk faster, go in to a store, or drive to a crowded location. Alter your situation to your advantage and seek assistance if needed.

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

Ulliance
Enhancing People. Improving Business.

Contact Ulliance—they're here to help!
Call 800.448.8326 or click LifeAdvisorEAP.com.
This confidential service is FREE for
Fabiano Brothers employees and their families.

