

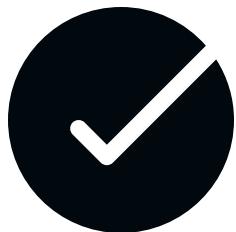
Staying Alert: Be Aware of Your Surroundings

Situational awareness means paying purposeful attention to your environment—who is around you, what's happening, and noticing when things feel “off.”



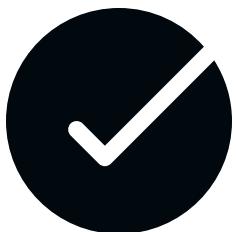
Stay Alert

Keep your head up and scan your surroundings.
Limit distractions like cell phones in parking lots or hallways.
Trust your instincts if something feels wrong.



Warning Signs

Hostile language or threats.
Sudden mood changes or agitation.
References to weapons or violence.
Pacing, clenched fists, or aggressive movements.



If Violence Occurs

ESCAPE – if you can – leave belongings behind.
HIDE – lock or barricade doors, stay quiet, silence devices.
DEFEND – as a last resort, use objects to protect yourself.
HELP – warn others, give info to police, keep hands visible.

Safety & Wellness Program

Think Safe. Live Well. It Starts With You.



Ulliance

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Safety is Everyone's Responsibility