

Safety and Security

- After dark, park in a well-lit, busy place. Look around before you get out. If you're parking in daylight, but coming back for your car at night, think about how things will look in the dark.
- Have your key ready when you go back to your car. Make sure there is no-one in the car.
- If your car develops problems, find a telephone. On motorways follow the marker arrows to the closest phone. They are never placed any more than a mile apart, on opposite sides of the motorway. **Never** cross the carriageway to use a phone.
- While on the hard shoulder or telephoning, keep a sharp look-out and don't accept lifts from strangers – wait for the police or breakdown service. Don't wait in the car – there is a high risk of an accident. Wait on the embankment nearby with the front passenger door open. If someone approaches you or you feel threatened, lock yourself in the car and speak to them through a small gap in the window.
- If you frequently have to travel after dark, or if your job involves visiting people at home, eg a health visitor or a district nurse, get a mobile phone or ask your employer to provide one.

What Men can Do

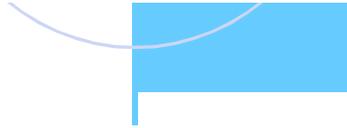
Men can help by taking the issue of women's safety seriously in their everyday lives. Bear these points in mind:

- If you are walking in the same direction as a woman on her own, don't walk behind her – this may worry her. Cross the road and walk on the other side. This may reassure her that you are not following her.
- Don't sit too close to a woman on her own in a railway carriage or bus.
- If you are thinking of chatting to a woman waiting, for example, at a lonely bus stop, remember that she won't know you mean no harm.
- Realise how threatening actions such as staring, whistling, passing comments and jostling can be, particularly when you are one of a group of men.
- Help female friends or family members by giving them a lift or walking them home when you can. If you do, make sure they are safely indoors before you leave.

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Hints and Tips On Safe Secure Driving



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Safe

We've listed some key points to follow, which should help keep your car safe:

- **Luggage and valuables** - Never leave anything on display. Take your things with you, or lock them out of sight in the boot. Don't keep credit cards or cheque books in the glove compartment.
- **Doors** - Lock them *every* time you leave your car, even if it's for a couple of minutes because a couple of minutes is all a thief needs.
- **Windows** - Etch an identification number, such as your registration number, on all the glassware. Thieves don't want the expense of a complete replacement.
- **Ignition key** - Always take it out of the ignition when you leave your car, even when your car is in the garage.
- **Alarms** - If you have one, turn it on every time you park.
- **Audio Equipment** - The latest security-coded equipment won't work if someone tampers with it and disconnects it from the battery. Some car stereos - or a part of them - can easily be removed and taken out of the car.
- **Wheels** - Alloy wheels don't come cheap. To protect them, lockable wheel nuts are an effective deterrent.

Secure

- **Aerials** - Put your aerial down when you park.
- **Immobilisers** - Most cars already have steering locks, but an additional immobilising device is worth considering.
- **Fuel cap** - A lockable fuel cap forces thieves to abandon your car when it's run out of petrol.
- **Documents** - Your registration document, MOT and insurance certificate could help a thief sell your car. Keep them in a safe place at home, not in the car itself.
- **Parking** - When at home, the safest place to park is your garage, if you have one. If not, choose a busy, well-lit area. Thieves won't risk being seen.

And remember... Thieves like older cars, too. In fact, to some extent thieves prefer them, especially so-called 'joy riders', as they don't usually have sophisticated built-in security.



Driving

When driving

- Before a long trip, make sure your vehicle is in good condition.
- Plan how to get to your destination before leaving, and stay on main roads if you can.
- Make sure you have enough money and petrol. Carry a spare petrol can.
- Keep change and a phone card in case you need to make a telephone call. Carry a torch.
- Before you leave, tell anyone you are planning to meet what time you think you will get there, and the route you are taking.
- If someone tries to flag you down, drive on until you come to a service station, or somewhere busy, and call the police. Do not pick up hitchhikers.
- Keep doors locked when driving and keep any bag, phone, laptop or valuables out of sight. If you have the window open, only wind it down a little. Don't wind it down far enough to allow someone to reach in while you are stopped in traffic.
- If you think you are being followed, try to alert others by flashing your lights and sounding your horn. Make as much noise as possible. If you can, keep driving until you come to a busy place.