Safety & Security Checklist

- ✓ Listen to intuition and act upon it-if you feel something, do something.
- ✓ Create a code word and/or sign for distress.
- ✓ Report anything suspicious.
- ✓ Communicate concerns to staff, co-workers, police/security.
- ✓ Know the emergency plan (i.e., active threat, courtroom fight, distressed employee, etc.).
- ✓ Practice emergency drills (even by yourself) and know various escape routes.
- ✓ Maintain situational awareness at work, home, parking, and usual stops.
- ✓ Be aware that one of the most dangerous places is in or around your vehicle.
- ✓ Make every effort to ensure fairness in your hearing room.
- ✓ Know safe locations in your area of work and travel.
- ✓ Do not be predictable: mix up arrival/departure times and usual routes of travel.
- ✓ Opt-out and scrub internet of personally identifiable information.
- ✓ Utilize apps that can pinpoint you and call for help.
- ✓ Know emergency phone numbers so you can dial directly.
- ✓ Narrow-minded security approaches must be avoided.
- ✓ Take self-defense classes.
- ✓ Recognize escalating behavior and learn how to verbally de-escalate a situation.
- ✓ Utilize your environment to add layers between yourself and a potential threat.
- ✓ Cultivate a safety-net of friends, family, co-workers.
- ✓ Encourage bystander support when in distress.
- ✓ Be aware of social media postings and the weak link it causes for personal safety.
- ✓ Never post future non-public events.
- ✓ Recognize pre-incident indicators/red flags and act.
- ✓ Get a home alarm system, proper lighting, locks, and use deterrent landscaping.
- ✓ Dogs detect, delay, deny, deter, and can also defend.
- ✓ Do not use vanity license plates or identify your vehicle with stickers.
- ✓ Fight complacency, apathy, and denial.
- ✓ *Be an active participant in your own survival!*