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www.shopping.suzylamplugh.org

Our mission is to campaign, educate and support people to help reduce the risk of violence and aggression for everyone.

**LIVE
LIFE
SAFE**
suzy lamplugh
trust

Suzy Lamplugh Trust was founded in 1986 following the disappearance of the young estate agent. The aim of the Trust is to raise awareness of the importance of personal safety and to help people to avoid violence and aggression and live safer, more confident lives.

Published by Suzy Lamplugh Trust

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Charity No: 802567

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KEEPING SAFE

TRAVELLING FOR WORK

WAS THIS HELPFUL?

**To download more FREE
KEEPING SAFE GUIDES**

please visit:

<http://www.suzylamplugh.org/tips>

Public Transport

- Obtain timetable and fare information before travelling to prevent you waiting around for long periods at bus stops or stations.
- When waiting for public transport after dark, try to wait in well-lit areas and near emergency alarms and CCTV cameras.
- If you work for an organisation that receives unwelcome attention from the public, try to hide anything that would make you identifiable as an employee of that organisation.

Walking

- Plan ahead. Before you go out, think about how you are going to get home, e.g. What time does the last bus/train leave?
- Avoid danger spots like quiet or badly-lit alleyways, subways or isolated car parks. Walk down the middle of the pavement if the street is deserted.
- Try to use well-lit, busy streets and use the route you know best.
- Try to walk against oncoming traffic to avoid kerb crawlers.

If something or someone makes you feel uncomfortable, act upon your instinct. It may be better to move away before a problem arises.



Taxis and Cabs

- Ask your employer to put together a list of licensed taxi or minicab companies or contact your local council for details for such firms in your area.
- Try to carry the telephone number of a licensed taxi or minicab firm with you at all times or add a suitable booking app to your phone.
- When making a booking, ask for the driver and/or car details and confirm them when the cab arrives. Also ask the driver whose name the taxi/cab is booked under.
- When you are in the cab, avoid giving out any personal details.
- If the driver makes you feel uneasy for any reason, trust your instincts and ask them to stop in a busy area and let you out.

Always book your minicab in advance. Un-booked cabs are illegal and potentially very dangerous.

TOP TIPS

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Driving

- Put together an emergency kit for your car. This might include an extra coat, bottle water, a torch, spare change and an emergency mobile telephone charger.
- When driving to meetings, try to plan where you will park before you go. Park as close to your destination as possible. If you will be returning after dark, consider what the area will be like then and try to park near street lights.
- When parking in a car park, consider where the entrances and exits are. Try to avoid having to walk across a lonely car park to get to your car. Park away from pillars/barriers. If you can, reverse into your space so you can drive away easily.
- When approaching your car, be aware of your surroundings; have your keys ready and check that no one is inside before entering quickly.
- If you break down, check out your surroundings and only get out of your car when and if you feel it is safe to do so.
- Road rage incidents are rare and can often be avoided by not responding to aggression from other drivers.
- If the driver of another car forces you to stop and then gets out of his/her car, stay in your car, keep the engine running and if you need to, reverse to get away.