

The Disclaimer

We are not trying to provide three hours of seminar training in one small brochure, and we strongly encourage everyone to attend a formal self-defense seminar in your area if you can, but we hope these tips may help you in the mean time.

The best form of self-defense is getting involved. Report suspicious activity in your neighborhood or when you're out and about. Be a part of your neighborhood watch, or be the genesis of one in your area. Be a good neighbor to the elderly on your street or in your building. All of these things develop a caring and compassionate community that will respond effectively in a crisis....all things that opportunistic criminals want to avoid.

The tips and techniques we present are far from exhaustive, may have more suitable alternatives for your particular circumstances, and may not apply in your "neck of the woods." Use them as a guide to start you thinking along safety and security lines without getting overly paranoid.

Let us know if you think we should add, or amend, any of the included tips.

Community Patrol USA

C O M M U N I T Y P A T R O L U S A

EZ-DEFENSE

Home Safety

Every effort has been made to ensure the accuracy of the techniques and information provided and discussed in this document. At the time of printing and presentation this document the materials are, to the best of our knowledge accurate however anomalies, omissions, and factual errors may exist. This document may be modified at any time without prior notice either in part or in full.

Community Patrol USA is a not-for profit group run entirely by unpaid volunteers who have a focus and commitment to enhancing and improving the safety and security of the communities they live and work in.

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Share with family, friends and colleagues to help keep everyone a little safer.

**SAFETY IS A COMMUNITY
EFFORT**

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Home Safety

WINDOW LIMITERS - install limiters on all sliding windows, to ensure that no-one can gain access to your home by simply entering through an already cracked window.

LOCK YOUR DOORS - Keep your doors locked at all times, whether you are home or not. This includes front and back doors as well as any doors that provide access to utility areas, garden areas or your garage.

PEEP HOLES - Use or install a security "peep" hole, and check it before opening your door to anyone.

DEADBOLTS - Use or install deadbolts on all doors in your home to ensure the door cannot easily be forced from the outside.

ILLUMINATION - Illuminate the approach to your front door AND to any other doors you have that someone may approach. It's also a good idea to have illumination available to illuminate most of your property if you need to. Light is a burglar and criminals enemy.

TRIM SHURBS - Ensure the area around windows and doors is not overgrown, as this can provide hiding places for burglars or voyeurs.

ALARMS - Install an alarm system in your home and visibly post signs to that effect. Unlike the Hollywood movies, burglars and most criminals look for easy targets - not challenges!

VALUABLES – Try not to leave valuables in plain view of anyone casually walking by your home. Don't leave expensive lawn equipment or leisure equipment unattended on front or back lawns. It's often too much of a temptation, and too easy to quickly steal.

RECORDS – Photograph, record and engrave all valuables and keep the records in a fire-proof safe. This will be extremely useful if your property is stolen or a disaster occurs and you must file an insurance claim. Consider storing the data on a couple of flash drives, one at home, one at the office etc.

WEAK POINTS – Determine how you would try to get into your home if you forgot your key, and try to strengthen those weaknesses. (Leave a key with a trusted neighbor just in case you do this too well.) Garage doors and back doors as well as rear or side facing windows are often weak spots.

GOOD NEIGHBORS – Are worth twice their weight in gold. Get to know your neighbors and look out for each other at all times. Report any suspicious activity to police immediately. Form a neighborhood watch group if one does not already exist.

DETECTORS - Install smoke and Co2 detectors outside of your kitchen and in the hallway leading to your bedroom. Smoke can kill while you sleep, before you even realize your home is on fire.

FIRE EXTINGUISHERS - Keep two fire extinguishers in your home to fight small fires, but be sure to call 911 immediately if a fire occurs BEFORE trying to fight the fire. Keep one extinguisher in your kitchen, and one in your garage if you have one. Check them once a year when you change the batteries in your smoke and Co2 detectors to ensure they are fully charged and have pressure.

EMERGENCY PLANNING - Develop an emergency evacuation plan, and emergency contact plan in case the worst ever happens and you need to leave quickly, or an earthquake, tornado, flood or other natural disaster occurs.

EMERGENCY PREPARATIONS – Prepare a disaster survival kit which includes enough food and water for you, your family and your pets to survive for at least seven days. Remember to include medicines, comfort items as well as heating, lighting and cooking alternatives.

PRACTICE & DISCUSS - Know the likely natural disasters that may hit your local area, and take the necessary steps to prepare in case the worst happens. Be sure everyone in your household knows how to respond in an emergency, how to evacuate and how to re-group also following a disaster.