

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

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.

Ken Craig
Chief of Patrol
415-967-3080

KenCraig@CommunityPatrolUSA.org

Visit us on **Facebook** at
[Community Patrol USA](#)



Rev 6 – 5/2012

COMMUNITY PATROL USA

EZ-DEFENSE

Driving Safety



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

SAFETY IS A COMMUNITY EFFORT

© Community Patrol USA 2011

Driving Safety

1. Take care of the obvious, but the often forgotten – tire pressure, tire tread, brakes, and service your vehicle regularly so that it operates optimally.
2. **NEVER** drive under the influence of alcohol, drugs or any other substance that may affect your ability to react or interpret evolving road situations or conditions. Better to grab a cab or wait a few hours, than spend days in hospital – or worse.
3. Drive within the limits of your vehicle and your ability. The majority of fatal accidents occur when drivers exceed their own ability or the vehicles capacity.
4. Focus entirely on the road and the other drivers around you. Avoid ALL distractions including passengers, cell phones, and even the vehicle stereo.
5. Always drive defensively, looking well ahead to identify possible trouble spots, and using your mirrors to be aware of what is happening all around you as you drive.
6. If you seem to have offended someone in another vehicle, try to apologize even if you don't think it was your fault.
7. In road rage cases try to take an alternative route that leaves the aggressor on the old route and call the police as quickly as possible
8. If the aggressor vehicle tries to force you off the road or cause a collision, slow down and/or back off to try to avoid collisions and look for ways to exit the route you are on (hopefully leaving the aggressor on the old route), and call the police as quickly as possible
9. If the aggressor does collide with your vehicle to the point where your vehicle is disabled or is forced to stop, remain in your vehicle with the doors locked and windows up, and your hazard lights flashing, and call police immediately. Wait until they arrive before you exit your vehicle if you feel threatened.
10. If the aggressor brandishes any type of weapon at you while you are driving, slow down or pull off the road for a moment to avoid paralleling the vehicle and take avoiding action as appropriate, and call police immediately.
11. Slow down in poor weather, diminished visibility and in unfamiliar surroundings. A little extra time taken on the drive is far better than not arriving at your destination.
12. Plan ahead if you're heading into uncharted territory. Check the maps, print out directions and familiarize yourself with the route and landmarks.
13. Merge onto freeways at the speed of the slow lane at a minimum, and use your signals to merge and change lanes.
14. Make sure you are well rested before long planned journeys, and take frequent stops to prevent fatigue from creeping up on you.
15. Have an emergency kit in your vehicle no matter where you live. It should include change of clothes, a blanket, some water and non-perishable food, a reflective vest and flashlight and some flares. You never PLAN to get stuck or trapped, so being a little more prepared can save your life – or make you much more comfortable until help arrives.
16. If you break down on a deserted road, ask any passer by to call police for you. Keep your door locked and crack your window to speak with any good Samaritan. They will understand if you are pleasant and will hopefully call police for you.
17. If you see someone broken down or in distress, call police FIRST, then provide aid only if you feel safe, able and comfortable doing so.
18. Never stop for an unmarked police vehicle. Police will ALWAYS make traffic stops in marked vehicles. If an unmarked vehicle tries to pull you over, continue driving at the legal speed limit to the nearest police or fire station and call 911 to ask them if the vehicle is legitimate or not.