

Fast Facts

Surroundings Safety

| <i>General</i> | <i>Work</i> | <i>Outdoor</i> |
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| <ul style="list-style-type: none"> -Be aware of surroundings -Don't look at phone or another device as you walk -Have phone in hand for emergency call -Project good body language by walking confidently, making eye contact and acknowledging people -Be relaxed, but alert -Scan surroundings, especially in parking lots or secluded areas -Scan in front, behind, above, below and to the sides -Don't walk alone in a deserted area -Know where the emergency exits are -Know basic, quick self-defense techniques (striking an assailant in the face, neck, groin or feet, scream loudly for help, throw belongings away from you, use assailant's weight against them by shifting your body in a way that throws them off balance) -Best chance of survival is to get away during the initial attack | <ul style="list-style-type: none"> -Never obstruct your vision -Only operate equipment that you've been trained to use -Always wear safety goggles when operating any machine that has flying particles -Wear a hard hat in required areas -Arrange office furniture so there is always room to get by -Store any heavy objects close to the floor -Secure anything that is stored at height -Only open one file cabinet drawer at a time -Wear personal protective equipment (PPE) when required -Report any unsafe conditions | <ul style="list-style-type: none"> -Be in good physical condition -Learn basic first aid/repair skills -Check all equipment before (to ensure you have what you need and know how to use it) -Have a map and compass and know how to use them (trust them) -Pay attention to landmarks in case something happens to your map and/or compass -Know what types of wildlife that are present in the area that you are going, what attracts them and the best techniques for self-defense for each type -Develop an emergency plan -Leave an itinerary with someone who is not hiking -Travel with a companion -Let the slowest person set the pace -Have appropriate clothing and footwear -Rest frequently -Drink plenty of water (either bring it with you or have purifier) -Have enough food that will sustain you (carbohydrate-energy bars) -Dispose of trash properly -Set up camp before it gets dark (give yourself two hours to do this) -Build fires in a safe area and don't leave them unattended -Be aware of poisonous plants, especially when going to the bathroom and don't eat anything that you don't know for sure what it is -If there is a thunderstorm, avoid any isolated trees, get below the tree line, get in a low area where you can crouch into a ball with your feet as close together as possible and stay away from anything metal |

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