

# Safety Spotlight

## Fall Safety Awareness

### November 2016



As we “fall” into the holiday season, our lives become somewhat hectic and fast paced. The chances of becoming a target of a crime, or injured from a fall, increases as we are often in a hurry and forget some of the simple safety steps. This edition reminds residents and visitors of the importance of personal safety awareness and how to reduce the risk of potential falls.

#### Steps to help reduce falls:

Take Your Time



Use non slip mats



Improve lighting








Look out for uneven paths



Clear stairs



#### Steps to help reduce becoming a target of a crime:

-  **HIDE** or **TAKE** packages and valuables that are in your vehicle. Don't leave valuables in sight.
-  **BE AWARE** of your surroundings. Don't walk distracted with a cell phone or headphones.
-  **KEEP** your personal belongings close to your body. Don't leave a purse or valuables unattended in a shopping cart.
-  **TALK** to your children about identifying a safe stranger ~ someone in uniform, an adult (parent) **with** a child/children, a cashier at a store.
-  **EXCHANGE** items purchased from an individual in a safe place. Meet in a populated area or store, a well lit parking lot, or your local police department.



*Life and Property Preservation Through Public Education.*

Fire Education  
Renni Burt  
rburt@ci.southlake.tx.us  
817-748-8349



Police Education  
Valerie Snyder  
vsnyder@ci.southlake.tx.us  
817-748-8173

Visit us on Facebook at: "SouthlakePublicSafety"