

# Cincinnati Police Department Personal Safety 2009



# Safety When Walking

- Location
- Attitude
- Safety Devices
- What do to if attacked
- Weapons

# Location

- **Number one thing you can do to stay safe?**
  - Have a Plan!!!!
  - Think about location and possible problems and solutions in advance
  - Exercise Indoors, if practical (home or gym)
    - If not, exercise with a friend
  - High pedestrian traffic areas
    - provides many witnesses, deterring crime
  - Open areas
    - Eliminates “hiding spots” for would be attackers

# Attitude

- Keep your head up, look professional
- Watch and know your surroundings
- Headphones (iPod<sup>®</sup>, music player, phone) make it look like you are less aware
- Establish a strong mental attitude
  - “No low life scum is going to spoil three minutes of my day!”
- Allow groups or individuals to go ahead of you

# Safety Devices

- Best devices are companions
  - Other people to walk with
  - Walk with a dog, even an “ankle biter” will make a substantial difference
- Pepper Spray
- Personal Body Alarms/Sirens
- Cell Phones
- Stun Guns/Tasers
- Guns
  - Each has positives and negatives, choose what works best for you.

# Mace/Pepper Spray

- **Positives**

- Incapacitates the attacker
- Effects a large number of people

- **Negatives**

- Method of deployment varies
  - (cloud vs. foam)
- Doesn't work on those who are drunk, on drugs, or criminally insane.
- Cloud deployment not effective when wind is blowing towards person
- Ineffective if in purse

# Personal Body Alarms/Sirens

- **Positives**

- Loud noise can scare away attacker in residential settings
- Documented cases where they have worked

- **Negatives**

- Less effective in parking lots (sounds like car alarms)
- Doesn't incapacitate the attacker
- Ineffective if in purse

# Stun Guns/Tasers

- **Positives**

- High voltage incapacitates attacker
- Handheld stun device is back up

- **Negatives**

- Only one shot to hit suspect
- Handheld stun device must be held next to attacker for a few seconds
- Stun device can be used against you if attacker gets control of it

# Different Styles of Stun Guns

Streetwise 1000k Mini  
Stun Baton  
- Rechargeable



Immobilizer 900000 volt  
Cell Phone Stun Gun



Streetwise 400k Volt Stun  
Gun w/ Alarm and Holster



# Different Styles of Stun Guns

## DOUBLE TROUBLE

stun gun is like having two stun guns in one. **TWICE** the contact -- totaling 1.2 Million Volts -- **TWICE** the stopping power!



## KNUCKLE BLASTER

is a 950,000 volt stun gun designed to give you a punch with POWER.



# Cell Phones

- **Positives**

- Carry with you at all times
- Good for reporting suspicious activity prior or after attack
- Have ability to take pictures or record information

- **Negatives**

- Not effective during the attack
- Don't use while driving
- Not effective if battery is low
- Many don't have global positioning systems

# Guns

- Positives
  - Is the “equalizer” for people of different sizes, strengths and abilities
- Negatives
  - Unintended consequences
  - Must be prepared to live with all consequences
  - Relive the moment during “your day in court”
  - Few people have adequate training
    - Handguns can be legally owned and carried in the State of Ohio, with the proper training and license. For more information, call (513)946-6213 or go to [www.hcso.org](http://www.hcso.org)

# When Parking/Walking to you Car

- Avoid parking between 2 large vehicles
- Park under lighting
- Keep your head up
- Hold your car key (or keyless entry) in your hand
- Look for suspicious activity around your car
- If you see someone near your vehicle, go back into the store get security or call police
- Look around and under vehicle as you are approaching
- Look in your car prior to getting in
- Lock doors as soon as you are in your car
- If possible, walk to your car with someone (many stores offer security to escort individuals to their cars)

# What to do if followed

- Make a sudden turn, cross the street, speed up, go into a nearby business
- Yell at the person following you
  - Makes noise, attracting attention
  - Warns the attacker that you are willing to fight
- Use a whistle or personal body alarm
- Run/Retreat
- Run toward other people

# What to do if attacked

- Run, attempt to get away
  - Criminals do not want someone who is hard to control, they want the easiest target
- If grabbed, **FIGHT**
  - Fight dirty, there are no rules when being attacked
    - Gouge eyes, groin kicks, tear off ear, bite, etc.
- Remember “Your life depends on it”

# What to do if attacked

- What if he has a gun?
  - Scream and Run double time
  - It is very hard to hit a moving target
  - He has threatened your life, and you must believe he means it
  - Your odds of survival increase with every foot you gain in distance from the criminal

# What to do if attacked

- What if he wants me to go behind the bushes or in a car?
  - If you are a woman, there is near a 100% chance of being raped
  - If you are a man, there is near a 100% chance of being killed
  - Your odds are better that he can't hit a moving target
  - RUN, STRUGGLE, FIGHT, SCREAM

# What to do if attacked

- What if he has been able to get you in a car or attacked you while you were in a car
  - Studies have shown that if you are attacked and forced into a car, you likely will be killed
- He is not driving you to dinner, he is driving you to your death, REACT
  - Do what ever you can to crash the car
  - Crashes bring a lot of attention and confusion

# Describing the Suspect

- As soon as you can, write down the description
- Start from the head and work down to the toes
- Remember things a suspect can't change
  - Height, weight, eye color, hair color
- Don't forget to observe the shoes

# What To Describe

- Resemblance
- Sex
- Race
- Age
- Height
- Weight
- Hair Color/Style
- Facial Hair
- \*Complexion
- \*Marks/Scars/Tattoos
- \*Eye Color/Glasses
- \*Clothing
- \*Accent
- \*Odor
- \*Weapon
- \*Vehicle