



TOOLBOX

SAFETY TRAINING

Company _____ Location _____ Date _____

Vol 32 - No 18 WOMEN IN CONSTRUCTION - PARKING LOT AND EXIT SAFETY

Personal safety in this day and age is a serious concern, particularly with the great influx of women into the workforce. While this is a positive step for society it has put women in more potentially dangerous situations. While men are also at risk, women are three times more likely to be assaulted. The following are steps to minimize exposure to dangerous situations and actions to take in case of confrontation.

1. When using an elevator, trust your instincts. If you are about to board an elevator and the person inside gives you the wrong feeling, take another elevator. If already on the elevator and someone gets on that makes you feel uneasy, exit then and there.
2. Stand next to the side wall next to the floor buttons facing out (away from the wall not the door). If you feel threatened or are being harassed, hit all the floor buttons except the stop button. With the elevator opening on all floors you have a better chance of escaping or summoning help.

3. When exiting a building use main entrances and stay in lighted areas. Many buildings offer free escorts to your car. Leave with a co-worker if possible. If you leave alone, walk quickly, keep your head up and look around. Criminals sense fear as well as confidence.

4. When approaching your car, check under the vehicle as well as in the back seat.

5. Put purses and briefcases in trunk instead of the passenger side seat. Someone shadowing you will seek an easier target to steal from.

6. Always find your keys before exiting the building and carry them in your fisted hand.

7. If you have a cell phone, have it handy and have 911 on speed dial.

8. When entering your vehicle, lock the doors first, then buckle your seat belt.

9. If accosted in a parking lot and your keys or money is being demanded, don't resist but rather throw the items they are seeking one way and run screaming the other way (toward the exit).

10. If possible avoid being forced into a vehicle. Chances for escape and or survival diminish greatly when one is abducted.





TOOLBOX SAFETY TRAINING

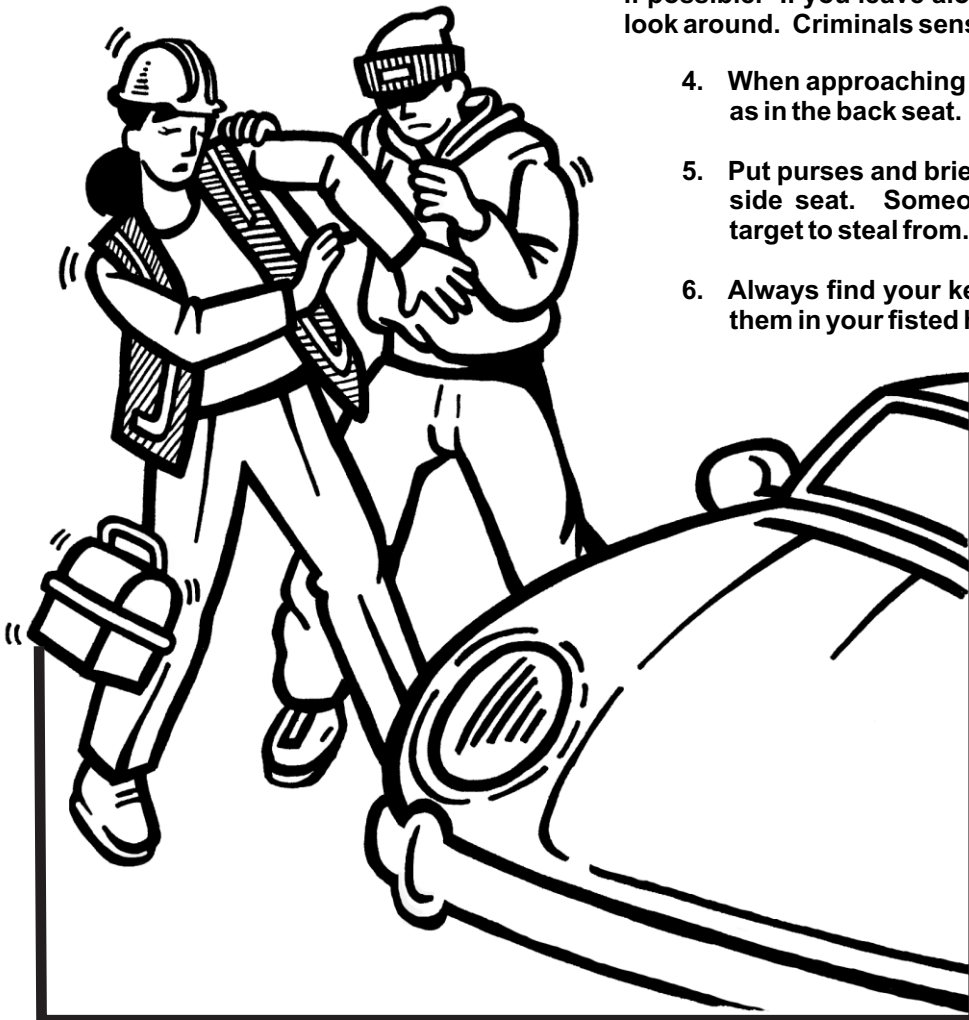
Company _____ Location _____ Date _____

Vol 32 - No 18 WOMEN IN CONSTRUCTION - PARKING LOT AND EXIT SAFETY

Personal safety in this day and age is a serious concern, particularly with the great influx of women into the workforce. While this is a positive step for society it has put women in more potentially dangerous situations. While men are also at risk, women are three times more likely to be assaulted. The following are steps to minimize exposure to dangerous situations and actions to take in case of confrontation.

1. When using an elevator, trust your instincts. If you are about to board an elevator and the person inside gives you the wrong feeling, take another elevator. If already on the elevator and someone gets on that makes you feel uneasy, exit then and there.
2. Stand next to the side wall next to the floor buttons facing out (away from the wall not the door). If you feel threatened or are being harassed, hit all the floor buttons except the stop button. With the elevator opening on all floors you have a better chance of escaping or summoning help.

3. When exiting a building use main entrances and stay in lighted areas. Many buildings offer free escorts to your car. Leave with a co-worker if possible. If you leave alone, walk quickly, keep your head up and look around. Criminals sense fear as well as confidence.



4. When approaching your car, check under the vehicle as well as in the back seat.
5. Put purses and briefcases in trunk instead of the passenger side seat. Someone shadowing you will seek an easier target to steal from.
6. Always find your keys before exiting the building and carry them in your fisted hand.

7. If you have a cell phone, have it handy and have 911 on speed dial.

8. When entering your vehicle, lock the doors first, then buckle your seat belt.

9. If accosted in a parking lot and your keys or money is being demanded, don't resist but rather throw the items they are seeking one way and run screaming the other way (toward the exit).

10. If possible avoid being forced into a vehicle. Chances for escape and or survival diminish greatly when one is abducted.