

# THE EAP CONNECTION

A publication from E.A.S.E., Inc. • 1650 NW Front Avenue, Suite 220 • Portland, OR 97209

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## Safety Attitude

### Daily Awareness of Safety and Security

*It's impossible to predict any accident or crime, but the consistent practice of good safety and security habits by yourself and your family can reduce the possibility of becoming a victim. To make sure you've covered all the basics, you might want to review these tips for safety and security.*

#### **Safety and Security at Home**

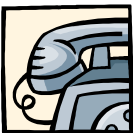
- Make sure your doors and windows have adequate locks and use them-always.
- Don't leave extra keys outdoors in obvious places, such as under the doormat.
- Don't block any exit in such a way that you won't be able to get out quickly and easily in a fire.
- If you consider barring your windows, check with your local fire department for their recommendation for safe systems. Have a plan and alternate routes for home evacuation and practice them.
- Know what to do in a natural disaster such as a tornado or an earthquake. Take extra precautions if there's a disabled or elderly person in the house.
- Use smoke alarms even if they're not required in your community. Check the smoke alarm battery every six months.
- Any firearms should be unloaded and stored away from ammunition. All should be locked away.
- Keep toxic products, such as household cleaners, paint thinners, insect sprays and medications out of reach of children and pets.

#### **Safety and Security on the Street**

- Use a buddy system when walking on the street or in a parking lot and plan your route in advance.
- Stick to well-lit and well-traveled places and teach your children to do the same, even if it means a longer walk.
- Stay alert when walking. Stand straight and look around. If an area feels unsafe, don't pass through it.
- Avoid using automated bank teller machines at night, especially in deserted areas.
- If you're accosted on the street, yell "fire" instead of "help."
- If possible, make a scene the moment you feel physically threatened by someone and teach your children to do the same.

#### **Safety and Security in the Car**

- In the car, always use seat belts. For small children, use safety seats.
- Pets should travel in a crate or pet carrier. Neither people nor uncrated pets should travel in the bed of a pickup truck.
- Never leave children unsupervised in a car, even with other children. Always keep car doors locked and teach children to stay away from the door handles.



Your Employee Assistance Program can help. For further information or assistance please call (800) 654-9778