

# in case of emergency...

WE LIVE IN A DANGEROUS WORLD. MOST DAYS GO BY WITHOUT INCIDENT, BUT EVERY ONCE IN AWHILE, SOMETHING GOES WRONG, EVEN IN COMMUNITIES THAT SEEM SAFEST. WE USUALLY CAN'T PREDICT ACCIDENTS, DISASTERS OR CRIMES, BUT WE CAN DO OUR BEST TO BE PREPARED.

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## being mugged

YOU CAN TAKE PRECAUTIONS, LIKE WALKING IN PAIRS AT NIGHT AND STAYING IN WELL-LIT AREAS, BUT WHAT IF A MUGGER SPOTS YOU ON A NIGHT HE FEELS BRAVE? HERE'S HOW NOT TO LOOK LIKE A TARGET AND WHAT TO DO IF YOU BECOME ONE ANYWAY:

- 1.** If you must walk alone at night, even into a store from your vehicle, walk with purpose. Attackers target those moving aimlessly. Be aware of your surroundings by not using MP3 players or chatting on the phone.
- 2.** If you are attacked for money, toss your bag or wallet away from you and run in the opposite direction. Fighting back increases your chances of being hurt, so choose flight unless they are attempting to harm or kidnap you.
- 3.** If you use a cane, drive it into the assailant's chest or swipe at his knees. Clutch your car key between your thumb and forefinger and swipe at his face. Strike infamous vulnerable points like the eyes or groin.
- 4.** One rarely promoted weak point on the human body is the knee. Kicking an attacker here will at least put them off balance, and a solid strike from the front can do enough damage to incapacitate him. In either case, it's enough to get away.

Source: [americannews.com](http://americannews.com)

✓ **TIP:** MANY POLICE DEPARTMENTS OFFER SELF DEFENSE COURSES YEAR-ROUND, SOMETIMES FOR FREE. KNOW THE PRESSURE POINTS OF THE HUMAN BODY AND THE PROPER WAY TO USE MACE *BEFORE* YOU'RE MUGGED.



## fleeing a house fire

CREATING A FIRE ESCAPE PLAN SOUNDS GREAT IN THEORY, BUT LIKE MOST FAMILIES, YOU MAY NOT GET AROUND TO IT BEFORE DISASTER STRIKES. NOW YOU'RE WAKING UP TO THE SOUND OF SMOKE ALARMS AND... IS THAT SMOKE? IT'S DEFINITELY TIME TO EVACUATE, SO LEARN JUST HOW TO ESCAPE UNSCATHED.

**1.** Get out immediately. Belongings can be replaced, and even sentimental items aren't worth risking life and limb. Don't pause to call 911 until you've made it out of the house to a safe location.

**2.** Don't immediately open a closed door to escape—fire near the doorway will leap into the room for the reserve of new oxygen inside. Touch the door with the back of your hands and open carefully if it's cool. Close it quickly if smoke or heat come in, and search for a different way out.

**3.** Crawl low to the ground, and cover your face to prevent smoke inhalation. Escape through the nearest exit you can find.

**4.** If you can't escape the room you're in, search for towels, tape or anything else that can seal cracks and openings around the door. Open windows for ventilation and wave a flashlight out the window for fire officials to spot you.

✓ **TIP:** CHECKING AND REPLACING SMOKE ALARM BATTERIES WHEN YOU CHANGE YOUR CLOCKS FOR DAYLIGHT SAVINGS ENSURES YOUR SYSTEM WILL KEEP YOU SAFE.

Source: [redcross.org](http://redcross.org), [inman.com](http://inman.com)



## navigating out of the forest

THE OCALA NATIONAL FOREST SPRAWLS OVER 673 SQUARE MILES, WHICH IS PLENTY BIG ENOUGH TO LOSE YOUR ORIENTATION. IF YOU'VE TRIED RETRACING YOUR STEPS TO NO AVAIL, DON'T PANIC. JUST STOP AND THINK.

**1.** Use the mnemonic STOP: sit, think, observe and plan. You should find a source of drinking water and ideally a food source. It's good practice to bring supplies with you in case you are separated from a group or are lost solo.

**2.** Find or build shelter before sundown, preferably off the ground to prevent exposure to insects. Try building a fire using the fire plow method if you do not have glasses or binoculars.

**3.** If you told someone at home where you were going and you haven't returned, chances are there will be a rescue effort. Staying put makes it easier for them to find you. Stack rocks or build something obviously manmade to signal your presence in case help arrives.

**4.** If no party comes, travel during daylight hours in one direction until you find a stream. Following a stream downhill will almost always lead to civilization.

✓ **TIP:** BE WELL-VERSED IN INSECTS AND POISONOUS PLANTS AND ANIMALS BEFORE SETTING OFF ON ANY OUTDOOR EXCURSION. ALWAYS CARRY A FIRST AID KIT.

Sources: [survivenature.com](http://survivenature.com), [dec.ny.gov](http://dec.ny.gov)

## escaping a car trunk

CARS MANUFACTURED SINCE 2002 WILL HAVE PULL CORDS INSIDE THE TRUNK TO OPEN THE DOOR, BUT IF SOMEONE KIDNAPS YOU, THEY'VE PROBABLY DISABLED THAT FEATURE OR OPTED FOR AN OLDER MODEL. HERE'S HOW TO ESCAPE THE TRUNK OF A CAR YOU DON'T BELONG IN.

**1.** Keep calm. Many fear they will suffocate in the trunk, but it's not actually airtight. Listen to the sounds of traffic and feel the car's

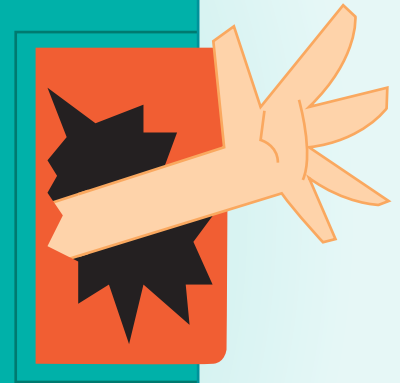
movements. You'll want to time your escape while stopped or moving slowly.

**2.** Feel around the rear hinges or down the driver's side of the trunk for a rigid cable, the release cable to the lock mechanism on the trunk. A good tug should cause the latch to release and pop open.

**3.** If you can't find the cable, move on to the lock. Most are simple pivot and latch designs, so feel around

until you can discern which way the latch turns. This will disengage it from the post and allow the trunk to open with a push.

**4.** If all else fails, kick out a taillight and wave your arm. The force of kicking will draw more attention from your kidnapper, but a human arm jutting from the trunk will get the attention of surrounding traffic.



✓ **TIP:** WALK 6 FEET AWAY FROM PARKED CARS SO NO ONE UNSEEN CAN GRAB YOU. WHEN WALKING NEAR A ROAD, STROLL ON THE SIDE FACING TRAFFIC. THIS PREVENTS A KIDNAPPER FROM SNATCHING YOU FROM BEHIND BEFORE YOU CAN REACT.

Source: [survivethat.com](http://survivethat.com)

## evading a robber

EVERYTHING SOUNDS SUSPICIOUS AT NIGHT, BUT WHEN IT'S NOT YOUR IMAGINATION, HOW DO YOU STAY SAFE DURING A HOME INVASION? TRY DESIGNATING A SAFE SPACE AS A FAMILY BEFOREHAND, LIKE ALL RUNNING TO THE YOUNGEST CHILD'S ROOM. HERE'S WHAT HAPPENS NEXT.

**1.** Once everyone is barricaded in together, call the police. Exit the house through an exterior door or

window together and head to a neighbor's for safety.

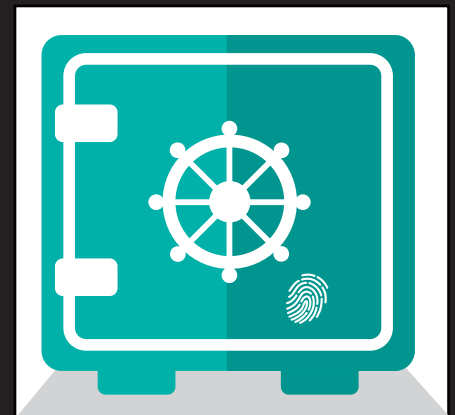
**2.** If you can't leave, search the room for improvised weapons should the crooks try entering the room. Do not confront the intruders otherwise. They're probably only interested in your valuables, not harming you.

**3.** Sit tight. When the police arrive, stay put until they get to your door and tell you the house is cleared.

**4.** If you see the intruders, note any features you can discern, such as hair and eye color, height, tattoos or scars, anything that could help authorize find them later or connect them to other crimes.

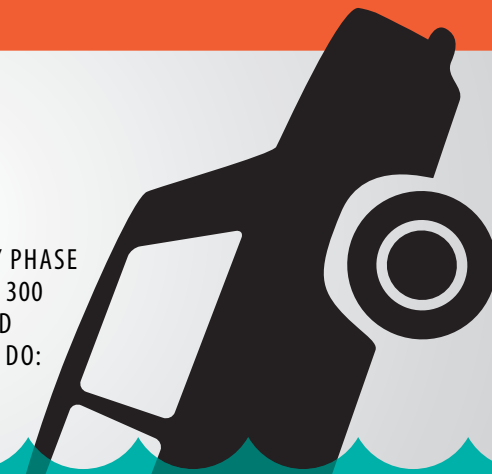
✓ **TIP:** HAVING SIGNS FOR ALARM SYSTEMS OR A POSTED DOG WARNING CAN DETER THIEVES.

Source: [safesoundfamily.com](http://safesoundfamily.com), [citizendefensetraining.com](http://citizendefensetraining.com)



## escaping a sinking vehicle

THERE ARE PLENTY OF ROADSIDE WATER BODIES IN FLORIDA THAT THEY HARDLY PHASE US, BUT WHAT WOULD HAPPEN IF YOUR CAR WOUND UP IN ONE? AN ESTIMATED 300 PEOPLE DROWN IN VEHICLES ANNUALLY. BUYING A WINDOW HAMMER IS A GOOD IDEA, BUT IF YOU NEVER GOT AROUND TO IT, HERE'S WHAT YOU WOULD NEED TO DO:



**1.** Unbuckle. Experts say you have about a minute before your body becomes oxygen starved.

**2.** Roll down a window ASAP, before you hit the water if you can think clearly enough. Power windows may still work if you're quick, but if you wait more

than 30 seconds, the water pressure will prevent them from moving.

**3.** If the windows are stuck, wait until you can open the door. It won't budge until the water level inside the car is high enough to equalize pressure outside, so take deep breaths and be ready

to go when the air pocket disappears. Don't open the door unless there is no other option—letting in that much water will cause the car to sink faster.

**4.** If you have children in the car, push older children out of the car and bring younger, non-swimmers up

in your arms. Swim to the surface as fast as possible.

✓ **TIP:** HOLDING ONTO THE STEERING WHEEL WILL HELP KEEP YOU ORIENTED IN THE SUBMERGED VEHICLE. AND NEVER TRY TO BREAK THE WINDSHIELD INSTEAD OF A SIDE WINDOW, AS IT'S MANY LAYERS THICKER.

Source: abcnews.com, popularmechnics.com, washingtonpost.com

## witnessing a heart attack

IF SOMEONE AROUND YOU IS COMPLAINING OF CHEST PAIN, WEAKNESS AND SHORTNESS OF BREATH, IT'S POSSIBLE THEY'RE HAVING A HEART ATTACK. HERE'S HOW YOU CAN HELP UNTIL THE EMTS ARRIVE:

**1.** Don't wait more than five minutes to call 911, as first responders can begin treatment on the way to the hospital. Once you've called, begin administering some basic first aid.

**2.** Have the person sit down and stay still. Loosen any restrictive clothing so they can breathe easily and help them relax as much as possible.

**3.** Ask if they take medication for a known heart condition, like nitroglycerin, and help them take it. Administer one baby aspirin for them to chew and swallow (around 325 milligrams is recommended).

**4.** Should the sufferer become unresponsive, perform CPR until officials arrive. A 911 operator can assist with this if you are not certified.

✓ **TIP:** ASPIRIN CAN BREAK UP THE BLOOD CLOT CAUSING THE HEART ATTACK, BUT DO NOT ADMINISTER IT IF THE PERSON MAY BE HAVING A STROKE.

