STRIKE FIRST GUARDIAN

EVERYDAY SAFETY · FREE GUIDE

Parking Lot Safety Guide

Parking lots and garages are where many people are most distracted and most alone. A few habits make a big difference.

BE READY. STAY AWARE. From the instructors at Strike First Fitness

When you park

- [ ] Choose a spot in a well-lit area, close to the entrance or an attendant.
- [ ] Avoid parking next to vans or vehicles with tinted windows when you can.
- [ ] Back in or pull through so you can drive straight out.
- [ ] Note your level and row. Lock the car and keep valuables out of sight.

Walking to your car

- [ ] Have your keys in hand before you leave the building.
- [ ] Put the phone away. Keep your head up and look around.
- [ ] Walk with coworkers or ask security for an escort after dark.
- [ ] Scan around, under and inside your car as you approach.
- [ ] If something feels wrong, go back inside.

Getting in

- [ ] Get in, lock the doors, start the car and leave.
- [ ] Don't sit parked texting, eating or setting up music.
- [ ] If someone approaches your window, don't roll it down. Drive away.

If you're followed

- [ ] Change direction and head back toward people and light.
- [ ] Don't go to your car if someone is waiting near it — return to the building.
- [ ] On the road: don't drive home. Drive to a police station or busy, lit place and call 911.

If someone confronts you

If they want your keys, phone or wallet, give them up. Things can be replaced.

If they try to move you to another location, don't go. Make noise and fight to get away.

Yell, hit the car alarm, and get to people. Then call 911.

PUT IT IN YOUR POCKET

Strike First Guardian

Walk Me Home — Your contacts follow along until you reach your car. (Premium)
Safety timer — Set it for the walk out. If you don't check in, your contacts are texted. (Premium)
SOS — Call 911 or alert your contacts with your location in one tap.

strikefirstguardian.com — coming soon to iPhone and Android

General safety information, not a guarantee of safety or a substitute for professional training. Strike First Guardian is not an emergency service. **In an emergency, call 911.**

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