STRIKE FIRST GUARDIAN

EVERYDAY SAFETY · FREE GUIDE

Personal Safety Checklist

Most problems are prevented by small habits done consistently. Work through this list once, then keep the routines going.

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

Your phone

- [ ] Keep it charged; carry a small battery pack.
- [ ] Save emergency contacts and set up your phone's Medical ID / emergency info.
- [ ] Know how to call 911 quickly from your lock screen.
- [ ] Choose 1–3 people who will always answer when you check in.
- [ ] Turn off location sharing in apps that don't need it.

At home

- [ ] Lock doors and windows, even when you're home.
- [ ] Light the entrances; trim bushes that block the view to your door.
- [ ] Don't open the door to people you don't expect. Verify service visits.
- [ ] Keep keys, phone and shoes where you can grab them fast at night.
- [ ] Know two ways out of every room you sleep in.

In the car

- [ ] Lock the doors as soon as you get in. Don't sit parked looking at your phone.
- [ ] Keep at least a quarter tank of gas.
- [ ] Park in lit areas, close to entrances, facing out when you can.
- [ ] If you think you're being followed, drive to a police station or busy, lit place. Don't drive home.

Out and about

- [ ] Keep one ear free and your eyes up when walking.
- [ ] Tell someone where you're going and when you'll be back.
- [ ] Carry your keys ready before you reach your car or door.
- [ ] Notice exits when you enter a new place.
- [ ] If something feels wrong, leave. You don't need a reason.

My safety contacts

1. _____ Phone: _____

2. _____ Phone: _____

3. _____ Phone: _____

Our check-in plan: _____

Online

- [ ] Don't post where you are in real time; post after you've left.
- [ ] Review who can see your profiles, check-ins and photos.
- [ ] Use strong, unique passwords and two-step verification.

PUT IT IN YOUR POCKET

Strike First Guardian

SOS — Call or text 911 and alert your contacts with a map link, in one tap.
Check-in — Let your people know you're okay without typing a message.
Daily drill — A new awareness question every day to keep the habits sharp.
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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