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Do you really know how to stay safe? 1. Study what people do, not how they make you feel. 2. When you are in over your head, consult someone who isn't. 3. Think long term. We tend to make regretful decisions when we are being impulsive. 4. Consider the risk. Are you taking on a potentially ...

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We know you've heard it before, but creating strong, unique passwords for all your critical accounts really is the best way to keep your personal and financial information safe. This is especially true in the era of widespread corporate hacks, where one database breach can reveal tens of thousands of user passwords.

Flash Flooding - How to Stay Safe

Protect the ladder from the elements by storing it in a sheltered area away from moisture and heat; keep a fiberglass ladder out

of direct sunlight.

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How to Stay Safe - Staying Safe At Night Do not act like a victim. Be aware of your surroundings. Wear brightly colored or reflective clothing. Avoid walking in unlit areas with little foot traffic, such as alleys or parks. Make sure someone knows where you are and what you are doing. Have ...

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When it is safe for you to do so, you might want to consider: Try to get out or get help before any violence occurs. Avoid the bathroom, kitchen, bedroom, or any place where there could be weapons. If there are weapons in the house, try to remove them or lock them up. Practice how to get out of your house safely.

Identify a safe place in your home to gather – a basement, storm cellar or interior room on the lowest floor with no windows. Move or secure items outside that can be picked up by the wind. If you live in a mobile home, find a safe place in a nearby sturdy building. NO MOBILE HOME IS SAFE IN A TORNADO.

Stay safe in practice Lock the door. Patients should always need an appointment to get into the main waiting area... Screen potential clients. Conduct an initial assessment to determine every patient's potential... Develop an officewide evacuation drill. Work out a plan and practice it with your ...

4 Tips on How to Stay Safe at Sea

Many accidents and driving incidents during the holidays are easily preventable. We will show you how to practice safe driving and identify risks when you're on the road.

Safe How To Stay Safe

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Stay away from roadways or train tracks. High winds might blow you into the direction of an oncoming vehicle. When walking outdoors, especially in elevated areas, use handrails. Watch for flying debris. Objects like tree limbs, road signs, and other items may become loose with strong wind gusts. If driving, keep both hands on the wheel. Do not speed up.

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Staying safe - National Fire Protection Association

Listen to local radio, NOAA radio or TV stations for the latest information and updates. People should keep informed about weather conditions and listen to the advice of local officials. Check your emergency kit and replenish any items missing or in short supply. Keep it nearby. Turn around, don't drown. If driving, turn around and go another way.

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Once you get there, take it easy. Staying cool as much as possible, drinking plenty of water, and eating light are ways to help your body cope with the heat.”

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