

# Fact Sheet

## Personal Safety

Feeling safe and confident when at home and out in public helps us to stay mobile and makes it easier to enjoy recreational activities and community life.

### When at home

- Ensure at least one door (screen or entrance) is locked when greeting strangers at the door. This creates a barrier between you and them.
- A door viewer or peephole is an excellent way to see who is at the door without opening it. A door chain is also advisable if you do not have a screen door.
- If you do not feel comfortable opening the door to someone, ask them to come back later or to leave information in the letterbox. Try not to let them know if you are home alone.
- Avoid giving out personal information to strangers. If they claim to be from the police, a government agency or charity ask to see identification. If they cannot produce sufficient identification do not give them any information. You may also ask for a contact number for their company so you can call and confirm their identity.
- Discourage young children from answering the door without an adult present. Children may be tricked into allowing strangers into the home or giving out personal information.
- Never leave notes at the door advising you have gone out or away.
- When going on holidays, have a trusted neighbour or friend collect your mail and newspaper. They may also park in your driveway to create the appearance that someone is home.
- When on holidays, consider fitting timer switches to lights and TV so it appears that someone is at home.
- Sensor lighting is an excellent way to deter unwanted people from entering your property. Install along the entrance path to the house and especially near the front door.
- Even if you don't own a dog, hanging a 'Beware of the Dog' sign on the gate or front door can aid in deterring potential offenders from entering your property.
- Getting to know your neighbours is a great crime prevention measure. They may notice any suspicious activity around your property and can advise you of this. Knowing your neighbours are looking out for you will help you feel safer, especially if you are living alone.
- If you suspect someone is in your house do not enter. Take yourself to an alternative safe place and contact the police.
- If you see an offender leave your house; do not confront them. Take

note of their appearance, clothing and mannerisms. Watch which direction they leave in. If they leave in a car, try to get details of the number plates and type of car. Report this information to the police as soon as possible.

- If your house has been entered unlawfully - do not touch anything. Immediately report the break and enter to police

### REMEMBER

Always walk confidently even if you don't feel it. Keep your head up and maintain a constant pace.

### When out and about

- Plan your route before starting out. Know where you are going and how long it should take to get there.
- Plan your journey to ensure minimal waiting times at train and/or bus stops.
- If travelling alone, especially at night or in isolated areas, sit near the bus or train driver.
- Always walk confidently even if you don't feel it. Keep your head up and maintain a constant pace.
- Maintain continual surveillance of your surroundings and make eye contact with people you pass.
- Avoid taking short-cuts through bushland or isolated areas, especially if you are unfamiliar with the area. Stick to well used paths and roads.
- Keep personal possessions (mobile phone, wallet) well secured and out of sight.



- Always keep your handbag on your person; do not leave it in a trolley or change room unattended.
- Be aware of where you parked and the entrance you used to avoid becoming lost and increasing your vulnerability.

### **Useful safety contacts**

Policelink: 131 444

Emergencies (Triple zero): 000

Crime Stoppers: 1800 333 000

Hoon hotline: 134 666

### **More Information:**

3412 3412

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