The Art Of Security

A Survival Guide for the Modern World
# Table of Contents

4  |  Personal Security  
13 |  Home Security  
18 |  Work Security  
25 |  Child Security  
31 |  Wildlife Security  
35 |  Security Technology
Letter from Occly

For over 50 years, millions of Americans have relied on electronic security systems to protect their homes and families against intruders. Even in ancient Egypt, people would dig trenches around their homes and fill them with water to defend against unauthorized entry.

The real question is: How are you and your loved ones protecting yourselves when you’re not at home?

Some Americans carry a weapon or have training in some form of self-defense fighting. However, most Americans do not carry weapons, and citizens under 18 years old are prohibited from owning or carrying weapons.

The discomforting reality is that most Americans, especially youth, are entirely defenseless the moment they leave the house. That’s a real problem. But one that we at Occly are determined to tackle.

Occly Blinc™ is the first Portable and Home Security System ever made, engineered to protect you and your loved ones against anyone, anytime, anyplace. It fits in the palm of your hand and can be worn on a purse, backpack, arm, belt or pocket.

Blinc has so many state-of-the-art security features, American Security Today called it "the most powerful safety device in the world", and Security Info Watch hailed it as a "new paradigm in personal safety".

It’s the perfect security solution for adolescents, teens, college students, business travelers, nurses, realtors, joggers, cyclists, active seniors and just about anyone looking for more protection both in their homes and on-the-go.

Visit occly.com to learn more about how Blinc can protect what’s most important to you.
Personal Security

It’s impossible to predict every possible threat against your safety. However, there are several effective and inexpensive ways to prepare yourself for such incidents, from martial arts to electronic devices. In this section, we’ll review and compare the various personal security solutions out there.
Self-defense: n. the use of reasonable force to protect oneself or members of the family from bodily harm from the attack of an aggressor, if the defender has reason to believe he/she/they is/are in danger.

Perhaps the most ancient personal security solution is self-defense against violent and/or sexual attackers. Knowing how to defend yourself when unarmed in any given situation could save your life.

In your spare time, we suggest learning a few self-defense techniques by taking a local class that teaches you in more detail.

**Here’s a quick guide to the most effective forms of martial arts for self-defense against real-world attacks.**
The training ranges from throwing proper punches and kicks, gun disarms, defending against multiple attackers, and situational awareness.

Situational awareness is to develop an understanding of one's surroundings, learning to understand the psychology of a street confrontation, and identifying potential threats before an incidence occurs.

Krav Maga training also teaches mental toughness, using controlled scenarios to strengthen mental fortitude to control impulses and reaction tolerance. Controlling the impulse to not be rash, and only attack when necessary as a last resort.

We've all seen martial arts movies where a bad guy approaches the main character, he does a spinning kick to knocks the guy out, and carries on with his day.

That's appropriate for cinema but not ideal for real life situations. Fights in real life are unpredictable. Staying alive is the only thing that matters. That's what Krav Maga centers around.

Krav Maga is the official self defense system created and used by the Israeli military. It focuses on threat neutralization, efficiency of movement, and brutal effectiveness.

Krav Maga is known for its practical approach to self-defense, skipping the time-wasting drills of other fighting styles, and giving the practitioners the tools to quickly end street confrontation.

KRAV MAGA

We’ve all seen martial arts movies where a bad guy approaches the main character, he does a spinning kick to knocks the guy out, and carries on with his day.

That’s appropriate for cinema but not ideal for real life situations. Fights in real life are unpredictable. Staying alive is the only thing that matters. That’s what Krav Maga centers around.

Krav Maga is the official self defense system created and used by the Israeli military. It focuses on threat neutralization, efficiency of movement, and brutal effectiveness.

Krav Maga is known for its practical approach to self-defense, skipping the time-wasting drills of other fighting styles, and giving the practitioners the tools to quickly end street confrontation.
Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu focuses on grappling and especially ground fighting. By taking the fight to the ground and applying joint-locks and chokeholds to the threat provides a great opportunity to finish the opponent off quickly.

These submission holds involve isolating an opponent’s limb and creating a lever with the body position, which will force the joint to move past its normal range of motion. Pressure is increased in a controlled manner. Chokeholds disrupt the blood supply to the brain, causing unconsciousness if done properly around 3-5 seconds in.

Brazilian Jiu-Jitsu rose to popularity when Royce Gracie won the first ever UFC title, and is considered one of the foremost techniques for 1-on-1, unarmed combat.

Helio Gracie developed the system in Rio de Janeiro because he wasn’t strong enough to pull off the muscle-based traditional Japanese Jiu-Jitsu techniques. Instead, he came up with a system that relied on intelligent use of body mechanics to allow smaller fighters to overcome bigger opponents.
Elbows can be used as a striking weapon from multiple different angles. From the side, it can be used as a finishing move or a way to cut the opponent’s eyebrow so that blood might block his vision. The elbow strike is considered the most dangerous form of attack in the sport. The two most common kicks are the foot jab and roundhouse kick.

Muay Thai is a brutal style of kickboxing from Thailand. It is also called the “science of eight limbs,” because in addition to the usual hands and feet, it also makes use of your elbows and knees.

Muay Thai is a form of close-combat that utilizes the entire body as a weapon. Muay Thai is divided into two groups, major techniques and minor techniques.

As a tactic, body punching is used less than other strikes to avoid exposing the attacker’s head to counter strikes from knees or elbows.

Muay Thai offers core workouts to boost stamina and strength. There are no fancy techniques, the boxing kicks are simple yet powerful. Muay Thai also puts great pressure on sparring so you’re getting a real opponent from the start of training. This is better for reaction time and countering as opposed to fighting air.
11 Personal Security Tips

1. **Stay alert and aware** of your surroundings and of the people around you. Practice situational awareness. **Look for escape routes** in case of emergencies. Be aware of multiple exits.

2. **Limit smart phone use.** Keep your head up. **Avoid** listening to music and texting while walking alone.

3. **Group up when venturing into** dark parking lots. **Find another worker or a security guard** to walk out with you if you work late.

4. **Always notify family or friends** when traveling, and give them updates on locations you will visit.

5. **Avoid dangerous locations at night** like isolated bus or train stops.

6. **Don’t open your purse or wallet** on public trans; have your tickets already purchased and ready. Keep **expensive jewelry covered and out of sight**.

7. **Do not get in the elevator** with someone if you do not feel comfortable, wait for the next one. **Watch out for pickpockets** on crowded elevators.

8. **Avoid walking down risky locations like dark alleyways, subways or isolated car parks alone.** **Take caution when using ATM machines at night.** Look around your area and confirm that no one is lurking nearby and don’t count your cash in public.

9. **Consider carrying personal protection** devices like Blinc, pepper spray, taser or stun gun.

10. **Leave space in between you and the car in front at a red light.** Leave enough room to maneuver out of your lane in case an emergency exit has to be made.

11. **Trust your instinct,** if it doesn’t feel right, chances are, it isn’t.
• Over 17 million U.S. residents were victims of identity theft in 2014.
• There were 2.6 million elderly victims of identity theft in 2014.
• Over 85% of identity theft victims experienced a fraudulent use of one of their existing accounts (credit card or checking account).
• Over 30% of the victims who encountered multiple types of identity theft spent a month or more resolving problems.
• Moderate to severe emotional distress was reported by over 35% of identity theft victims.
• 92% of identity theft victims did not know anything about the identity of the offender.
• There were 269,422 cybercrime complaints received in 2014.
• This ended in a reported loss of $800,492,073, an average of $6,472 per reported loss.
Safety at Your Apartment

- Respect your building’s access control system. Don’t prop open secured doors or let people you don’t know into the building.
- Notify your landlord immediately if a light bulb needs to be replaced in the hallway, stairway, etc. Intruders may use the darkness to their advantage.
- If you must put your name on your mailbox, try to use your first initial only. An intruder may be able to gain access to your building by convincing someone that they know you personally.
- If an intruder breaks in, try to escape your apartment safely and contact the police from another location. If you cannot escape, lock yourself in a room with a phone and call the police.

Safety on the Streets

- Don’t present yourself as a victim. Stand straight, walk purposefully, avoid staring at the ground and pay attention to your surroundings.
- Avoid displays of wealth. Try to conceal jewelry by tucking it into your clothing and don’t pull out a roll of cash (or full wallet) when paying for items.
- Try to visit ATMs during the day or when other people are nearby.
- Be cautious of anyone walking toward you with only one hand in their pocket. Most people tend to have both hands in their pockets, or hanging freely at their sides unless they are trying to conceal something. Be aware that they could be holding a weapon.
- Do not engage an attacker with a weapon. If they request an item, give it to them. Material items can be replaced, your life can’t.
Traveler Security

Physical Safety
- Always stay with people you trust.
- Do not go anywhere with a stranger – even during the day.
- Carry a cell phone at all times in case of an emergency.
- Call home periodically to let family members know you are safe.
- Carry ID everywhere.
- Be aware of local laws.
- Always lock and bolt your hotel room when you are inside it.

Hotel Safety
- Always keep your hotel room locked.
- Try to leave valuables at home.
- Lock any valuables you bring in the hotel safe.
- Call home periodically to let family members know you are safe.
- Beware of scam artists or pick-pockets.
- If your cell phone or credit card is stolen, report it immediately and cancel service.
- Do not carry or accept packages from strangers.

Traveling out of the Country
- Keep your passport in a secure location.
- Bring a photocopy of your passport and keep it in a safe place, in the event something happens to the original.
- Know that safety standards may be different and roads and balconies may pose safety risks.
- Leave a copy of your itinerary with family or friends.
- Familiarize yourself with local laws and safety concerns.
- Register your travel plans with the State Department through a free online service at https://travelregistration.state.gov.
Protecting your home, identity, or computer is the one of the best ways to prevent trauma and victimization. To keep your home life in check, review these critical facts, tips and stats regarding home security.
HOME BURGLARIES IN THE U.S.

The average amount of money lost per burglary in the U.S is $2251.

Burglary accounted for approximately 22% of property crimes in 2013.

- Larceny and Theft accounted for another 69% of 2013’s property crimes.
- It’s estimated that on average, 3.7 million burglaries occurred per year between 2003 and 2007 in the U.S.
- A household member was present in almost a third of those burglaries.
- In 2013, 266,560 burglaries resulted in a violent crime against a household member.
- Simple assault accounted for 15% of the violent crimes that occurred, with Robbery accounting for 7% and Rape accounting for an additional 3%.
- 65% of victims actually knew their attacker, only 28% of offenders were strangers.
- 39% of violent offenders were armed at the time of burglary.
- Residential burglaries are significantly more likely to include violence (1.2%) than non-residential burglaries (.17%).
Did you know?

In 2014, it was estimated that American property crimes resulted in over $14.3 billion in losses.

- Over 8.2 Million of property crimes occurred within the U.S in 2014.
- Over 20% of property crimes were burglaries.
- Only 72% of burglaries are reported to the police.
- In 2014 there were an estimated 1,729,806 burglaries.
Homes without a security system installed are nearly 300% more likely to be burglarized.

Over 265,000 burglaries resulted in a violent crime being committed against a member of the household.

Nearly 30% of burglaries are never reported to the police.

A burglary occurs about once every 18 seconds.
Realtor & Open House Security

• Preview neighborhoods before you list a property there. Check for cell phone reception and get a feel for how close each property is to neighbors.

• Make sure you have roadside assistance in-case you get stuck somewhere.

• Don’t post your location on social media since it provides an easy trace on where you may be.

• Don’t post too much personal info (family, where you live, etc..) on the web (website/social media/etc).

• Park under a light where you can see your car clearly from the door. Do your best to park somewhere you won’t get blocked in (on the curb instead of in a driveway, for example).

• When practical, work in teams whenever possible. Having company is one of the best ways to deter an incident.

• Charge your phone fully before you get to the open house or listing.

• Pay special attention when walking around a vacant home (which should always be done in the daylight). Look for signs that someone might have broken into the house.

• Protect your clients by compiling a checklist (and take picture) of things they will want to secure or remove from the house during open houses and showings.

• Have open house guests sign in. Guests often don’t sign in or provide false information.

• Find out as much information about your prospective client as you can before you agree to meet them.

• Try not to meet a client alone for the first time. If you do, bring along personal safety equipment for self-defense.

• If possible, prospects should always walk in front of you.

• Consider taking a self-defense course. Many police departments offer courses geared toward women specifically and for affordable rates.

• Let people know where you are going! Put appointments or meetings on your Google calendar with names and contact information and make it public to your brokerage office.

• Trust your gut. If something doesn’t feel quite right about a client or situation, don’t hesitate to get yourself out immediately.
When it comes to security, many Americans feel safest when at their job. However, workplace security and safety are real issues that every American worker should be aware of.
Office Security

Professional workplaces and offices can be targets for theft, unlawful entry, kidnapping, violence, forcible occupation and sabotage. Security measures, both physical and psychological can reduce the chances of these threats. The following guidelines will help you analyze your office security profile and suggest measures to reduce your potential threat.

Since most crimes are directed toward individuals or offices that have little or no security planning in place. What is your target potential?

Questions to Ask:

• What is the leading attitude toward security?
• Who is responsible for the overall security program?
• How are security policies enforced?
• When was the current emergency plan developed (fire, power failure and disaster)?
• What resources are available locally and how fast are the response times for fire, police and ambulance?
• What kind of physical security systems and controls are currently used?
• Do the security resources, policies and procedures meet the potential threat?
Employee Theft

According to the Theft Triangle Concept, theft occurs when at least one of these three elements are present:

1. **Motive**
2. **Desire**
3. **Opportunity**

In simple terms, motive is a reason to steal. Motives might be the resentment of an employee who feels underpaid or the vengefulness of an employee who feels slighted or resentful.

The element of desire builds largely on motive by imagining satisfaction or gratification that would come from carrying out a potential act of theft.

Opportunity is the absence of barriers that prevent someone from taking an item. Opportunity is usually afforded by management through either omission of controls or the inadequacy of the existing controls.

10-10-80 rule. This rule suggests that 10% of employees will not steal even when presented with the opportunity, 10% will steal at any opportunity, and the other 80% will go either way—they are waiting to see how serious the employer is about theft and are weighing the risks. As the risk of being caught increases, the probability of theft decreases. When the risk is low, employee theft is more likely to occur.
How to Identify High-Risk Employees

1. Employees living beyond their means: if there must be an outside source of income—it could be company profits.

2. Rule breakers: an employee who constantly violates company policies may not be trustworthy to handle merchandise or cash.

3. Substance abusers: they often have financial pressures or they have overcome the psychological barriers to theft.

4. Gambling Addicts: they often have financial debt and need to find a way to pay it off by other means.

5. Chronic liars: experience shows that many liars also steal.

6. Immature or troubled employees: they often find an emotional release in antisocial behaviors such as theft or fraud.

7. Wronged employees: they may get back at you for grievances or perceived slights through stealing.

8. Remember, security and crime prevention are everyone’s responsibility!
Keep an Executive Information File

Your security office should maintain an emergency contact file for immediate access for key personnel containing personal information to be used in case of emergency.

This confidential file should contain:

• Home address and telephone number
• Family members; names, ages, descriptions
• School schedules, addresses, phone numbers
• Close relatives in the area; names, address, phone numbers
• Medical history and physicians name, address, phone number
• Local emergency services; ambulance and hospital phone numbers
• Any code words or passwords agreed upon.

Consider Setting Up Secure Areas in the Building

You may wish to consider maintaining one or more “secure rooms” on your work premises. This area can serve as a retreat in case of intrusion or other danger.

The room should have:

• Steel doors and protected ventilation system
• First aid equipment
• Phone and backup communication equipment
• Fire extinguishers
• Bomb blankets/hardened walls
• Sand bags
• Emergency tool kit
• Extra food and clothing
• Large flashlight and batteries
• Firearms (if permitted under established policy)
1. Install key-card access systems at main entrances and on other appropriate doors.
2. Issue access control badges, with recent photographs, to all employees and authorized contractors.
3. Upgrade perimeter control systems with intercoms and closed circuit monitoring devices.
4. Develop crisis communication among key personnel and security office involving intercoms, telephones, duress alarms or other concealed communications.
5. Have a back up communication system, like two-way radio, in case of phone failure.
6. Arrange office space so unescorted visitors can be easily noticed.
7. Keep important papers locked in secure cabinets.
8. Keep offices neat and orderly to identify strange objects or unauthorized people more easily.
9. Avoid stairwells and other isolated areas. Try not to ride the elevator alone with a suspicious person.
10. Try not to work late alone on a routine basis.
Active Shooter

The threat of an active shooter is a possibility anywhere. But as with any crisis situation, preparation and planning can help to minimize chaos and injury. Establishing an active shooter protocol, and communicating that plan to your tenants and employees, is critical.

If an active shooter enters your workspace, call the police and give the location and description of the shooter if possible, and attempt to negotiate with the shooter, but do not attempt to overpower them with force.

When possible, evacuate the building if it appears safe to do so. This may involve climbing out of a window if other exits are blocked off or locked. It is crucial not to assume help will quickly come to evacuate the location as active shooter incidents are the most chaotic, confusing and difficult scenes to manage. The first responders’ priority will be to detain the threat. If you are able to and decide to flee the building, have an escape route in mind, bring a cell phone, keep your hands visible and do not stop to assist wounded victims. Instead, tell the police where they are located and get to safety.

If there are no safe escape routes, a lock down might be a better choice. Immediately notify the police of where you are, and conceal yourself in a room that can be locked. Turn off the lights and stay away from doors and windows to create the impression that no one is there. When the police arrive, move slowly, and keep your hands entirely visible, so as not to become a target.
Children are the future. It’s our responsibility as parents, teachers, and everyday citizens to protect our children, as they have no other means of self-defense. This section will guide adults on the best ways to enforce child safety measures.
What Are the Security Risks to Our Children?

- Children of every age, gender, and race are vulnerable to child abduction
- 203,900 children were abducted in 1999 in “family abductions”
- 98% of the children were returned home.
- In 1999, there were 58,200 non-family abductions.
- 99% of these children were returned home. Only 115 of the cases involved a child being held overnight, held for ransom, or killed.
- Almost 60% of these children were returned safely.
- Over 50% of the children kidnapped in non-family abductions were taken from the street, in a vehicle, or from a park or wooded area.

**Non-Family Child Abductions by Age**

- 15-17yo: 59%
- 12-14yo: 22%
- 6-11yo: 12%
- 0-5yo: 7%

**Non-Family Child Abductions by Gender**

- Male: 35%
- Female: 65%
60% of American children were exposed to violence, crime, or abuse in their home, school, and community.

1 in 10 American children were the victims of violent crime 5 or more times.

20% of violent offenders serving time in a state prison reported having victimized a child.

1 in 9 Women

1 in 9 Women will experience sexual abuse or assault at the hands of an adult.

1 in 5 female students will experience sexual assault in college before graduating.

1.3 million crimes in 2008 were committed against children under the age of 18.

95% of sexual assaults on college campuses go unreported to police or campus security.
1. Know your name, address, and phone number(s).
2. Learn how and when to call 911.
3. If you are scared, RUN to safety.
4. If you feel you are unsafe around an adult, it’s ok to be rude.
5. Beware of an adult that asks you to keep a secret from parents.
6. Have a “Call List”
7. Don’t let anyone know that you are home alone.
8. If you ever get lost in a mall, ask the closest associate for help.
9. Avoid shortcuts when you are walking from one place to another.
10. If you are ever “taken,” scream, kick, and FIGHT as hard as you can to get away! NEVER trust what the abductor tells you.
11. Tell your parents or a trusted adult if someone is asking you to do something that makes you feel uncomfortable.
12. Always ask your parents for permission before getting on the Internet.
13. Never talk to people online without your parent’s permission and never give out any personal information.
Safety Tips for Parents

1. First and foremost, establish trust and communication with your children.
2. Don’t ever leave your children stranded or unattended in a car.
3. Always know your child’s whereabouts, who they’re with and what they’re doing.
4. Take an active role in your children’s activities.
5. Take time to listen to your children when they tell you they had a nightmare. There could be a reason. Trust your instincts.
6. Question and monitor anyone who takes an unusual interest in your children.
7. Teach your children that they can be rude to an adult if they feel threatened in any way. They need to hear it from you directly because this could contradict everything they have heard before.
8. Have your children practice their loudest scream.
9. Check websites for registered offenders in your neighborhood. Educate your children about why these people should be avoided.
10. Keep your family computer in a central location that is easily monitored.
Safety Tips for College

Protecting Yourself in Classroom, Labs & Libraries
- Avoid working or studying alone in a building at night.
- Avoid using stairs in remote sections of a building.
- Keep your belongings locked up in a drawer or cabinet instead of underneath or on top of your desk.
- Keep any money or stamps in a locked drawer.
- Never prop doors open, even for a short time, especially fire doors.
- Call the police if you see a man entering, leaving or within a woman’s lavatory. Do not stop to ask the individual questions.
- Always walk with a friend at night

Protecting Yourself in Dorms & Residence Halls
- Lock all doors and windows when you are sleeping or are alone.
- Do not allow strangers to enter the premises.
- Keep emergency numbers stored in your phone.
- Do not put your address anywhere that a stranger can gain easy access, such as a key chain or hang tag.
- On campus, call public safety to report any suspicious activity. Off campus, use the emergency number of the city or town.
- Keep ATM cards in a safe place. Never loan it to anyone.
Wildlife Security

A crisis in the wild is no time to experiment with survival skills. There’s only time to take action. Are you prepared to face nature? Check out some quick tips that can save your life while hiking or camping.
6 TIPS FOR STAYING SAFE IN THE WILD

1. Keep From Freezing By Using Custom Insulation.

Bring extra layers and never wear cotton. But if you’re wearing a poor choice of clothing without enough layers, add insulation by finding leaves, grass, or other miscellaneous things to stuff inside your shirt. Create an air gap between your clothes and the skin to help trap warmth.

2. Tie a Sheet-Bend Knot

This knot is great for tying two ropes end-to-end, especially if they are different sizes. It's strong, reliable, and easy to untie.

Run the second rope around both strands of the first rope, and tuck it under itself. Ends of both ropes should be on same side of the knot. Pull on both ropes and both ends to snug the knot until firm.

3. Use Fire Starters

Petroleum jelly, cotton balls, heat source, disposable tin, waterproof container are the items you’ll need. Melt a few ounces of petroleum jelly in a tin can (or other disposable, fireproof container) over low heat. When the jelly liquefies, dip each cotton ball and set aside to harden.
Wisdom for the Wild (cont’d)

Once soaked with jelly, the balls aren’t harmed by water, but store them in a waterproof container in a cool place for the best shelf life.

To start a fire with matches or a lighter, apply the open flame to a ball. If you’re using a spark rod, tear open a ball to fluff cotton fibers before striking. Each ball can burn for up to five minutes.

4. Make a Slingshot

If you run out of ammo, try this little project. You’ll need: Forked stick, leather, elastic cord or tubing, knife, small stones. Pick a sturdy forked stick, ideally of hardwood. Cut a small patch of leather and pierce two holes in the corners. Cut two short sections of rubber surgical tubing and attach the leather to the fork. Place a stone in the pocket, pull, and aim.

5. Escaping Quicksand

If you become mired, a rope or stick can drag you to safety. If you’re alone, try to distribute your weight broadly on the surface. Don’t struggle to pull your feet out—you’ll just work yourself in deeper.

Instead, spread your pack, sleeping pad, and even your rifle across the surface. Use them for support and gently extricate your legs. Roll or work your way to safety, bringing your gear along.

6. Carry these items at all times:

1. Large plastic survival bag for shelter and other hacks. Look for ones that fold to the size of a deck of cards to stash in a pocket.
2. Tampons for tinder, still in plastic. Store them with matches.
3. Survival knife with a carbon-steel blade at least 4 inches long and 1/10-inch thick.
4. Tub of stormproof matches, wrapped in bike-tire tube—it’s waterproof and burns well in any conditions.
5. Whetstone for sharpening and blade repair.
6. Waterproof notebook and writing tool to draw maps, leave messages, etc.
7. Fire steel to strike a good spark.
8. Compass, tied with paracord to a good
9. Signal whistle
With deadly, new disease strains and evolving epidemics spreading in our society, the thought of a zombie apocalypse doesn’t sound too crazy. How would you prepare yourself if one actually did occur? Here’s a few tips to help you outlive the walking dead:

Select Your Weapon

Your choice of weapon is crucial to your survival. A sure way to kill a zombie is to destroy the brain. If you have good aim and a steady hand, maybe a firearm or crossbow is your weapon of choice.

What happens if you’re in close combat with a zombie and you’re low on ammo? That’s when knives, swords or any metal object can come in handy. But be careful! You don’t want to end up injuring yourself before the zombie does. So make sure you practice your slashing skills sufficiently.

Work Together

Now, it may seem like a good idea to travel alone during a zombie apocalypse, for a number of reasons. But Eventually, you’ll need to create a structured and diverse social group for long-term survival.

You don’t always know everything! You need key people in your group that can increase your chances of survival until a cure is found. We recommend a determined leader, medical professional, fearless warrior, a gentle caregiver, wise council member, and an engineer.

Find a Location

Once you have your team, find a location that will provide adequate food, shelter, and water. Shopping malls, jails, and warehouse are the critical resupply centers. Hospitals, police stations, and gun stores should be avoided because everyone will go there first and create chaos.

Make sure you pack yourself a sturdy backpack filled with useful items for extended periods. Long sleeved shirts, denim jeans and steel toe boots are a must for any survivalist.
As the various threats against our safety have become more sophisticated and advanced, security technology has evolved considerably to meet those threats. This section features various devices and tech used to help keep you protected.
Know your weapon. You need to get to know your carry item as if it were an extension of yourself. Different safety mechanisms can be tricky to operate and will slow you down if you don’t know how to operate them. Things like switching off a safeguard, pressing the right button, or uncapping pepper spray are all things you should practice beforehand.

Have quick access. You want your weapon in hand when you need it. Fumbling through your purse or pockets during an attack will only help the attacker.

Be careful of hurting others. The best defense means avoiding collateral damage as much as possible. Being aware of your surroundings and other civilians, as well as having some form of weapons training, will reduce your chances of harming innocent people in your attempt to defend yourself. Knowing the nearest exit or place to run can help you escape as well.
FIREARMS

Guns are not toys. They can be dangerous when not used properly and can seriously injure or kill someone. Follow these safety tips to maximize firearm effectiveness and prevent accidents:

• Always handle your gun as loaded.
• Always keep the gun pointed in a safe direction.
• Your finger should remain off the trigger until you’re ready to shoot.
• The gun should be unloaded until you are ready to use it.
• NEVER point the gun at anything you don’t intend to damage.
• Think about your target and what is beyond it.
• Learn the mechanical aspects of the gun you are handling.

• Always use the proper ammunition.
• Be sure the barrel is clear of obstructions before loading and shooting.
• If your gun fails to shoot when the trigger is pulled, hold your shooting position for a few seconds; then with the muzzle pointed in a safe direction, carefully unload the gun.
• Do not dependent on the gun’s safety to keep it from going off.
• Be aware of your surroundings when dealing with guns so you don’t lose your balance and accidentally point and fire the gun at someone.
Knives can be simple tools for consumers or a dangerous weapon for trained professionals. Even if the edge is dull, the point can still cause lacerations. Human skin is defenseless against sharp steel and being penetrated by a knife can be fatal. The simple thing to keep in mind when handling a knife is that there are two parts that are dangerous: the long edge and the point. Keep those two things facing away from your body.

Here are a few rules to follow to make sure you stay safe when using knives:

- Make sure the knife is sharp. A dull knife is dangerous and forces the one holding it to use it incorrectly.
- Never point a knife toward yourself or anyone unless in self-defense.
- Always keep the material you are working on in front of you. Be aware of anyone walking past you.
- Always move your knife in a controlled manner.
- If your knife happens to fall, never try to catch it.
- Always sheath your knife when you’re not using it.
STUN GUNS

There are multiple types of stun guns/tasers available with different levels of power. Knowing what kind you have will help you in a situation, should you ever have to use it.

Most stun guns have a minimum of one million volts while others can go past that range. Focus more on Amperage. The higher the amps, the better because it delivers the most energy.

Don’t wait for something to happen before using your stun gun. Practice at home to make sure it’s working.

• Make sure the safety switch is turned on. This feature is important because it prevents the user from accidentally using it.
• Practice aiming with your stun gun. They only work if you hit the target, so we suggest lunging toward the torso area for better accuracy.
• A stun gun is meant to disable a threat, not kill them. While the prongs make contact with the threat, press and hold the trigger for at least 3 seconds or more. Even if the person has grabbed you, keep pressing for as long as you can.
• Periodically, check the batteries and make sure the device is working properly.
When used properly, pepper spray/mace can be a great self-defense solution. It is designed to impair attackers long enough for you to escape or seek help. Here are some tips for its proper use:

- Timing is important and identifying potential threats when it counts is key to survival. First, make sure the pepper spray is readily available. Having to look down in your bag or purse could be dangerous.
- When using pepper spray against an attacker, thrust your hand out, stay balanced, and aim for the face.
- Make sure you have the proper distance between you and the threat. Spray for 1 to 2 seconds.
- Remember, don’t just point and shoot. Pepper spray is suppose to catch the target off guard before they have a chance to react. Wait until they get into range and spray. Do not walk into the spray.
- Do not thrust your shooting hand out, the attacker could grab you. Back up as you shoot, and lead the attacker into the spray.
- If you happen to get caught in the spray, saline water, milk, sour cream, baking soda, or honey are decent pepper spray antidotes.
These electronic personal safety devices equipped with the previous items is the best way to protect yourself in any situation.

Wearable technology is made for personal use but some can be set up to work like a traditional alarm system. Panic buttons and body camera’s are starting to be more common as people want to feel more secure. When you’re walking alone at night, these devices add an extra layer of security. Some devices can be worn as safety and fashion pieces, in the forms of rings or necklaces.

Here are some tips to get the most out of your electronic safety device:

• Make sure the device is on and paired to your smartphone (If required).
• Make sure the proper settings are turned on.
• Your device should be fully charged when leaving the house.
• Set up your emergency contacts, so they can be alerted if the alarm is triggered
• Check the app (if required). Some devices have crime maps to identify safe areas.
• Make sure the device is placed or worn somewhere it’s easily accessible.
SOURCES

**Personal**
Krav Maga Systems, "The Krav Maga Systems International Blog“, 2017


**Child Safety**
https://www.ncjrs.gov/html/ojjdp/psc_english_02/page1.html
http://www.childwatch.org/missingchildren.php

**Work Safety**

https://www.dm.usda.gov/physicalsecurity/workplace.htm

**Wilderness**

Subscribe to Our Weekly Safety eNewsletter
Visit Occly.com for more about our products.