

Fall Vehicle Crime Prevention Tips



Fall has arrived and with it daylight saving time will be ending soon. Thus, darkness is falling earlier. All those activities previously done in daylight will now occur in darkness: Going to your vehicle after work, and picking up your children from after-school activities and sports. Even though it is only after 5 p.m., it is as dark as if it is 9 p.m. Here are a few crime prevention tips to make the transition easier.

VEHICLE SECURITY

Every day law enforcement agencies take crime reports from victims of vehicle break-ins. There are things you can do to lessen the odds of your being victimized.



Many vehicle burglars are opportunists and will look for the vehicle that is unlocked or the one that may be locked but has valuables left inside. Even if your vehicle is locked and alarmed, if there are valuables in sight (even covered up) a window may be smashed to gain entry. This all can occur in a matter of seconds.

DON'T MAKE IT EASY

- Never leave the keys inside the vehicle.
- Make sure that all windows are up all the way before locking your vehicle.



- Lock your vehicle even if you are only going to be away from it a short time, even if it is parked in your driveway, inside your garage, or on the street in front of your residence.
- Make sure your vehicle alarm is activated whenever you exit/lock your vehicle.

- Do not leave valuables, (i.e. purses, wallets, cell phones, cameras, laptop computers etc.) inside your vehicle, even if it is locked. Do not leave briefcases, packages, shopping bags etc. on the seat or anywhere in the car.
- Even if your vehicle is locked and alarmed, do not attempt to "hide" valuables under the seat or under an item of clothing in the vehicle.
- If you have a removable faceplate on your stereo, always remove and take it with you. Do not leave it in the glove compartment.
- Please report any theft from your vehicle immediately to your local law enforcement agency. It is up to you whether or not you chose to report this to your insurance company.
- If you observe anyone acting suspiciously in the area of your vehicle, report it immediately to law enforcement by dialing 9-1-1 on your cellular phone.
- Do not keep a "Hide-a-Key" in the wheel well. Burglars will usually look for a key and if they find one they will use it to enter your vehicle or even steal it!

PARKING LOT SAFETY TIPS

Nothing you can do will protect you from being the victim of a crime 100% of the time, however, by practicing good crime prevention you can lessen your odds of being a victim.



- During the fall/winter when it gets darker earlier, park under a parking lot light when you arrive to work or are returning from lunch. That way the area around your car will be well lit when you are walking to the parking lot after work when it is dark. This also pertains if you are shopping at night.
- Stay alert and be aware of your surroundings when walking to your car.

Parking Lot Safety Tips, continued:

- Have your keys already in hand when you approach your car. Searching for car keys can make you vulnerable.
- Avoid parking next to vans, trucks with campers, or vehicles with darkened windows.
- Employees should walk to their vehicles in groups when leaving work.
- A small flashlight and whistle are items that are good to have in hand or on your chain ring.
- If you have a cell phone keep it in hand while you walk to your car.
- If you encounter someone near your vehicle, rather than continue to your car go back to your office (if you can do so safely and it would not put you in further danger) to contact the local law enforcement agency by dialing 9-1-1. Report that someone is loitering and you are concerned to go to your car.
- If you cannot go back to your office, get to a safe place and dial 9-1-1 from your cell phone. This call will be answered by a local Highway Patrol dispatcher who will transfer your call to the appropriate law enforcement agency.

**DON'T BE
A VICTIM!**
**LOCK
YOUR CAR**
**TAKE
YOUR KEYS**
**REMOVE
YOUR BELONGINGS**



OHSU Public Safety asks for your help in preventing vehicle thefts:

- Do not leave your car in **idle** while picking up or dropping off others.
- Report **suspicious persons** or vehicles to OHSU Public Safety at 503-494-7744.
- Report vehicle alarms to Public Safety.

OHSU Public Safety

- Emergency 503-494-4444
- Non-emergency 503-494-7744



Stress Management

Stress is an everyday fact of life. When you have too much stress, or it lasts too long, it can be harmful. At work, unmanaged stress can lead to illness or injury, low productivity, and unsafe acts. But not all stress is bad. The best level of stress is that amount which improves a person's performance without causing harmful side effects.

You can manage stress and make it a more positive force in your life when you identify your stressors, understand them, and take charge of the stress by relieving or preventing it. Using alcohol or drugs will not help you manage your stressors. In some cases, it can add to your stress. In any stressful situation, you have choices. Here are the 4A's of Stress Management:

- **Accept it** - Some things are out of your control and all you can do is accept them and learn from them. Seek helpful advice or support from friends or coworkers.
- **Avoid it** - Stay away from recurring situations or sources of constant frustration. Remove yourself from the situation or rearrange your surroundings. For time related stress, plan ahead.
- **Alter it** - Communicate your feelings to your employer or supervisor. Change your feelings or ask someone else to change their behavior. Ask for help with your job or take advantage of your company's Employee Assistance Program.
- **Adapt to it** - Learn to cope with the situation or look at it as an opportunity. Focus on the positive things in your life. Try to make time for the activities you enjoy. Maintain a healthy lifestyle including exercise, meditation, and a balanced diet.

It is important to recognize stressful jobs, situations, and signs of stress before accidents, injuries, or violent incidences occur.



Make it Personal:

For Getting There Safely When You're the Driver



Yes, there is even a [Drive Safely Work Week](#) in October! Getting there safely is everyone's business. The following tips come from the *Network of Employers for Traffic Safety (NETS)*:

- **Buckle up.** Properly secure all cargo you may be transporting, including pets, potted plants and casseroles. And buckle yourself in on every trip. It's your best defense should you have a "run-in" with distracted drivers sharing the road with you.
- **Texting and driving don't mix.** There is no way to safely drive while texting. And, in most states, it's illegal. **JUST DON'T DO IT!**
- **Stow your phone.** Silence your mobile device and store it in the glove box. This way you won't be tempted by the flashing lights and pings of incoming messages.
- **Have a plan.** Don't wait until you are driving to plan and become familiar with your route. Consider using navigation devices with voice directions but be sure to pull over to a safe location if you need to re-program the system or consult printed directions.
- **Use technology to manage your technology.** Consider using a call-blocking application to let callers know you are driving and to queue calls and texts until you are safely pulled over. Be sure to check in with your insurance company; they may offer a policy discount.
- **Increase your following distance.** Driver training experts suggest a following distance of 4 seconds under normal driving conditions. The 4-second following rule increases visibility and gives more time to react to what's happening in front of you, thus reducing the risk to you and your passengers. If roads are wet or icy, following distance should be increased.

- **Be in control.** On your personal vehicle, pre-set the climate control, radio, and CD player. If driving an unfamiliar vehicle, take the time to identify the location of signals, wipers and lights.
- **Fine tune your tunes.** Digital music devices (iPods, MP3 players) can pose a major distraction. Pre-set a driving playlist to provide continuous tunes without the need for adjustments. Also, it is dangerous and typically illegal to drive with headphones. Only use your device if it can be played over your vehicle's speakers.
- **Keep your mind on the drive.** You cannot focus on driving if your mind is on work or family pressure, or your to-do list. Take a moment before you drive to get your mind focused on the task at hand — safely getting to your destination.
- **Look at the big picture.** Making or receiving a phone call while driving makes you four times more likely to be involved in a traffic crash. Take a moment to focus on those who are counting on you to get home safely every day before you make a choice to divert your full attention from the road.

Are You a Distracted Driver?

Behavior	Increased Crash Risk
Texting	23 times
Reaching for a moving object	9 times
Dialing a cell phone	6 times
Driving drowsy	4 times
Looking at an external object	3.7 times
Talking on a cell phone	4 times*
Applying makeup	3 times

*Since cell phone use occurs more frequently and for longer durations, this is the #1 source of driver inattention behind the wheel.

Did you know that...

Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent?



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Questions? Ask Environmental Health & Radiation Safety:

503-494-7795

