



## SAFETY ON THE STREET

Avoid carrying large sums of cash, and/or other valuables (expensive jewellery, cameras, video cameras), etc.

Carry your camera/video camera in a shoulder bag and not hanging loosely around your neck.

Carry your wallet in an inside pocket or wear a money-belt.

At night, stay clear of dark, isolated areas.

It is better to explore in groups: there is safety in numbers.

Stick to well-lit busy streets.

A policeman / traffic officer will be glad to direct you if you get lost.

Street children and beggars may approach you for a handout – Social workers counsel against giving money.

Don't be fooled by con-artists or strangers who offer you the opportunity to get rich quickly.

If you want to call a taxi, your hotel or the nearest tourist information office can recommend a reliable service.

To avoid injury, never resist physically, should an attempted robbery be made on you.

## HOW TO REACT WHEN ATTACKED / HIJACKED



Try to remain calm; "DO NOT PANIC"

"THINK" – Your mind is your first line of defence.

Evaluate the situation: Is someone near? Can you escape? Make as much NOISE as possible.

It is not recommended that you resist your attacker unless the use of force AT THE MOMENT could lead to your escape.

Be prepared to let your bag or package go if someone tries to snatch it – it is better to lose your goods than your life!

If your instinct forces you to resist, do not hold back. YOU MUST hurt your attacker. Press your thumb into his eyes. A kick in the groin or shin is also effective.

Use your elbow to dig into their body, if you can.

You have to immobilize your attacker until help comes or you can get away!

If resistance does not work, concentrate on his identity. Try to notice things such as age, height, hair, race, scars, tattoos, a limp, his clothing, speech, accents and patterns.

Try to leave your fingerprints wherever you can. Also try to leave small personal items behind, such as an earring, a stick of lipstick or a cuff link –anything that can be traced to you.

Potential victims have avoided attack merely by talking their way out of a situation.

Report the attack as soon as possible to a police station/other official.



## SAFETY TIPS FOR ATM USERS

Auto Teller Bank Machines

ATM users should take extra caution during the festive season/end of the week or month (pay day) because criminals are on the prowl, looking for easy pickings.

If possible, use ATMs you are familiar with or choose well-lit, well-situated ATMs, such as in shopping malls/centres.

Do not go to ATMs laden with parcels and shopping, as one cannot concentrate fully on these, your transaction and bystanders all at the same time.

Do not accept help from strangers and never give your PIN code to strangers, even those who claim to be working for the banks.

Be aware that criminals work in teams – one distracts you, while the other tries to steal the card and money.

ATM users should be on the lookout for foreign or suspicious devices attached to, or close to the ATM, that may be used to scan cards or read PIN numbers.

If you suspect that you are being followed, get yourself to the nearest public place or police station as quickly as possible, or approach a police official.

Beware of card swapping at ATMs and press Cancel should somebody try to distract you.

Be cautious of well dressed strangers offer to phone the bank on your behalf. When your card gets stuck, they will ask for your pin number. Your pin number is not needed to cancel a card.



## SAFETY AT YOUR HOTEL / GUESTHOUSE

Avoid leaving luggage / belongings unattended.

Store valuables in the hotel's safety deposit box.

Keep your room locked, whether you are in or out.

If someone knocks, check who it is before opening.

Hand the keys in at the desk when you leave the hotel.

Be observant when entering parking areas.

Carry your passport and / or travelling documents only if you have to; alternatively, carry certified copies.

Park your car in a well-lit area.

Don't leave parcels on the seat; rather put them in the boot. If carrying goods on an open bakkie, watch out for persons standing aimlessly at traffic lights or persons who ask questions and, during that time, stand next to you blocking your view to see at the back of the vehicle.

Don't leave your car unlocked.

Install immobilisers, alarms, gear lock and ensure that you make use of the system installed. Before walking away from your vehicle, check that it is locked as some would-be thieves use immobiliser jamming devices.

Have your keys ready to unlock your car when approaching it.

Ensure you have enough fuel in your car.

Always check your car before entering / make sure no one is hiding inside.

Never pick up hitch hikers.

Don't stop at a body, or seemingly injured person, lying on the road. Drive on and report the accident.

Always be alert at gates, driveways or garages.

Don't stop to eat or rest on lonely roads.

Do not change a flat tyre in a quiet area.

Don't get out of your car, if the vehicle is bumped from behind, under suspicious circumstances.

Repair broken windows and locks.

Ensure that your hired vehicle shows no advertisement of the hire company to avoid being recognised as a tourist; if possible, remove the CD car player.



## SAFETY WHEN JOGGING / CYCLING

Jog or cycle with a companion.

Restrict your activities to familiar locations and avoid secluded areas.

Avoid participating in the evenings.

Always face the oncoming traffic.

If you think you are being followed, go to the nearest house and call the police.

Wear brightly coloured clothing to improve visibility.

Carry a whistle or shrill alarm to summon help if needed.

Vary your route and routine.

Stay away from bushes and alleys where attackers might hide.

Always be aware of your surroundings and be ALERT.

Do not carry valuables when jogging or cycling.



Never swim alone on a deserted beach.

Only swim in the designated bathing areas patrolled by lifeguards.

Never swim after consuming alcohol or immediately after a meal.

Do not leave your personal belongings unsupervised.

Do not walk alone along an isolated beach.

Place your litter in the bins provided and leave the beach as you would like to find it – CLEAN. Do not take glass containers to the beach.



Police Flying Squad	10 111
SAPS: Gelvandale	+27 (0) 41 402 2019
SAPS: Humewood	+27 (0) 41 504 5000 / 19
SAPS: Kabega Park	+27 (0) 41 397 6801
SAPS: Mount Road	+27 (0) 41 394 6000
SAPS: New Brighton	+27 (0) 41 394 7315
SAPS: Uitenhage	+27 (0) 41 996 3438

Ambulance	10 177
Gardmed Ambulance	+27 (0) 41 373 6777
Netcare 911	+27 (0) 82 911
Roadside Assistance	+27 (0) 86 100 234
Fire & Emergency Services	+27 (0) 41 585 1555
National Sea Rescue Institute	+27 (0) 41 585 6011
NMB Lifesaving	+27 (0) 72 525 6221

Netcare Greenacres Hospital Emergency Unit	+27 (0) 41 390 7126 / 7120
Netcare Ambulances	+27 (0) 81 550 2246 / (0) 81 564 4428
Revive (Crisis Counselling – 08h00 – 16h00)	+27 (0) 41 373 8882
NMBT Airport Visitor Information Centre	+27 (0) 41 581 0456/7
NMBT Boardwalk Visitor Information Centre	+27 (0) 41 583 2030
NMBT Donkin Visitor Information Centre	+27 (0) 41 585 8884
NMBT Uitenhage Visitor Information Centre	+27 (0) 41 991 5000