

10-Second Rule

10-Second Rule for Personal Safety

Inattention is one of the main reasons people find themselves in dangerous situations. Take a few precious seconds during the course of your day to assess your surroundings.

Take 2 Seconds when you arrive at your destination.

- Is there a questionable activity in the area?
- Are you parked in a well-lit, visible location?
- Can you be blocked in the driveway by a prospect's vehicle?

Take 2 Seconds after you step out of your car.

- Are there suspicious people around?
- Do you know exactly where you're going?

Take 2 Seconds as you walk towards your destination.

- Are people coming and going or is the area unusually quiet?
- Do you observe any obstacles or hiding places in the parking lot or along the street?
- Is anyone loitering in the area?

Take 2 Seconds at the door.

- Do you have an uneasy feeling as you're walking in?
- Is someone following you in?

Take 2 Seconds as soon as you enter your destination.

- Does anything seem out of place?
- Is anyone present who shouldn't be there or who isn't expected?

10 Seconds TOTAL

Taking in your surroundings lets you spot and avoid danger. Make it a habit. Then share it with someone else.

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One week, for life.