

MONEY AND CREDIT CARD SELF DEFENCE

- Carry your handbag in front, close to your body and try not to carry more than you can handle.
- Walk as far away from the kerb as possible, with the bag on the side away from the kerb;
- Use a bag with a shoulder-strap that hangs down from the shoulder between your arm and body. The strap should not cross your body.
- When carrying your bag over the shoulder, ensure it opens towards you so that you are more likely to notice a thief trying to get in to it;
- Handbags with short straps should be carried in your hand with your arm through the strap;
- When seated in public places, put the bag between your feet with your foot on the strap so that you can feel if your bag is being moved. Alternatively, wrap the strap around a chair leg;
- Don't open your purse or bag in such a way that other people can see how much money you are carrying;
- Beware of people brushing against you in crowds, or using an accomplice to distract you;
- When shopping don't leave your bag on top of trolleys, especially with the purse exposed;
- At a checkout or counter, hold your bag or purse tightly. Don't put it down while you unload the trolley;
- If you lose your bag or purse, contact the bank immediately to cancel your credit cards and stop your cheques.
- Never "flash your cash" or carry a wallet that openly displays credit cards.
- Always lock your car and store all items out of sight. This includes everything from a change of clothes to spare change.
- Look for potential problems. Cross the street or change directions if you feel threatened.
- Don't keep all your valuables in one place (purse or wallet). Transfer the risk (put some money or credit cards in pockets.
- On journeys or on holiday place valuables in hotel safes, don't leave valuables in hotel/motel rooms.
- Spread money around your person (place some money in your socks, under clothes, ladies can put money into their bra's

AUTOMATIC TELLER MACHINES (ATM)

- Observe your surroundings before approaching.
- Use ATMs that are free from obstructions and are well lit.

- When possible, take a companion with you, especially at night.
- Stand directly in front of the machine to prevent people from seeing your PIN number or how much money you are withdrawing
- Put your money away securely before leaving the ATM

IN THE OFFICE OR HOME

- Never leave purses on or under a desk.
- Don't leave wallets in a coat hanging on a chair or on the back of an office door.
- Valuables should be kept in locked cabinets or closets.

**THESE SIMPLE RULES WILL HELP YOU TO PREVENT BAG
SNATCHING OR THEFT FROM YOUR BAG OR WALLET**