

HOLLYWOODLAND

HOMEOWNERS ASSOCIATION

Safety in Los Angeles



A Streetwise Safety Class

Strategies for Traversing LA On Your Own



Course Schedule

10:00-10:05 - Meet and Greet and refreshments

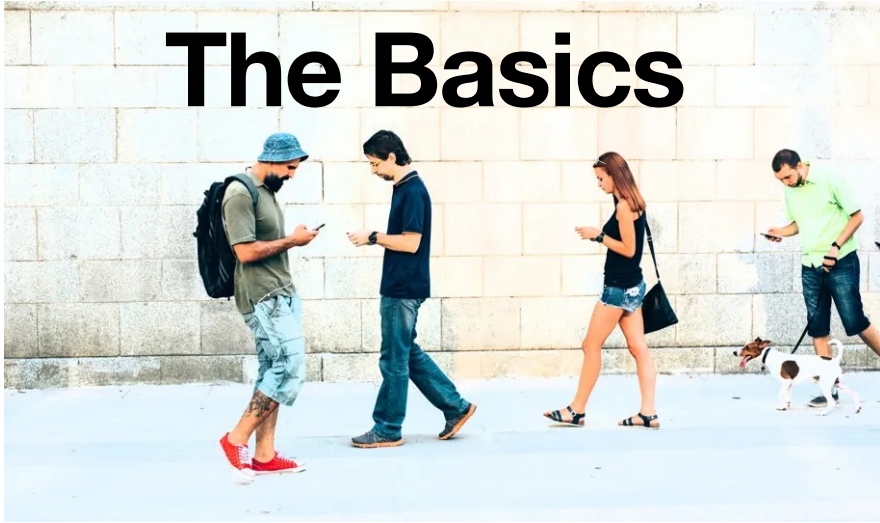
10:05-10:20 - The Basics - Traversing LA on your own

10:20-10:45 - **OC Spray Training**



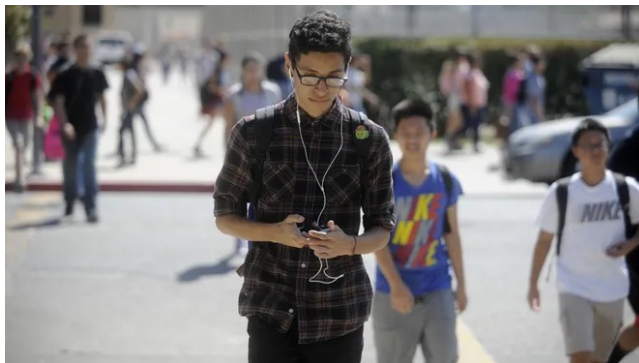
10:45-11:00 - Emergency Preparedness in your car
and at home

The Basics

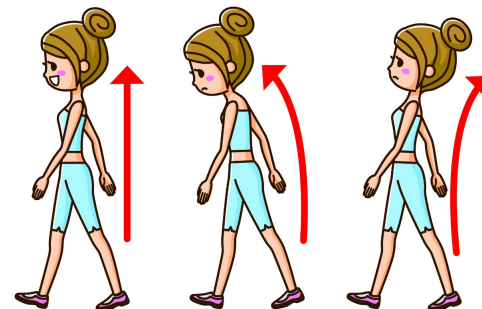


- **Stay Alert:** Be aware of your surroundings and the people around you, especially if you are alone or it's dark. This includes watching out for **erratic behavior** from individuals, or potential hazards like obstacles, cyclists, or drivers.
- **Walk with Confidence:** Project yourself as a "hard target" by walking with a purpose, upright posture, and making eye contact.
- **Vary Your Route:** Don't always take the same path when you're on a routine walk or run. This reduces the chance of someone memorizing your routine.
- **Trust Your Instincts:** If you feel uneasy about a situation or person, change directions, cross the street, or enter a store for safety. Call a neighbor or reach out to your neighborhood watch.
- **Minimize Distractions:** Avoid using your phone or wearing headphones, as this can reduce your awareness.

It can take a criminal less than seven seconds to pick you as a potential target. By presenting yourself as a hard target, as someone difficult to compromise, the predator will move on and look elsewhere.



- **Avoid Displaying Valuables:** Consider leaving expensive jewelry or electronics at home or securing them discreetly. Don't flash large amounts of cash.



- **Know Your Personal Boundaries and Be Assertive:** Be willing to enforce your boundaries and speak up if needed. If attacked, fight. Sometimes the difference between being a victim or not is your willingness to defend yourself.

Route and Time of Day Considerations

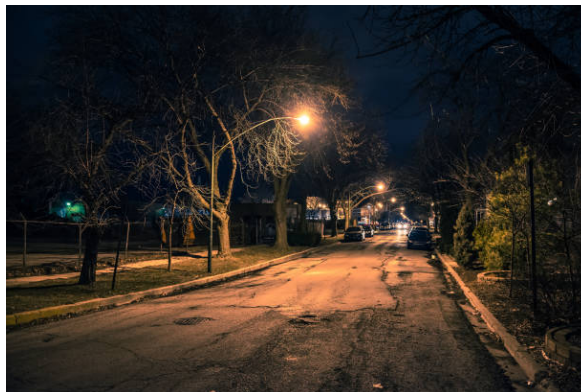
- **Choose Well-Lit and Populated Routes:** Opt for streets with good lighting and pedestrian traffic.



- **Walk Facing Traffic:** If there's no sidewalk, walk on the shoulder facing oncoming cars to be visible and aware of approaching vehicles.

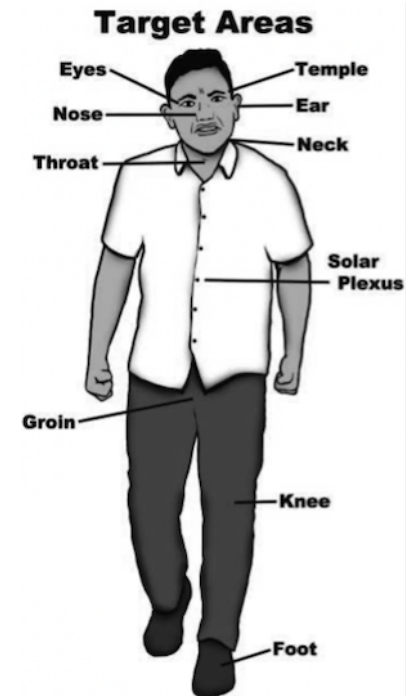


- **Walk on Sidewalks When Available:** Utilize sidewalks to stay separated from vehicle traffic.
- **Use Crosswalks:** Cross streets at designated crosswalks or intersections, following traffic signals.
- **Be Extra Cautious at Night:** Consider wearing bright or reflective clothing and carrying a flashlight to increase visibility. Note that, according to studies, nighttime (specifically between 8 PM and 11 PM) sees a high percentage of pedestrian fatalities.
- **Avoid Isolated Areas:** Do not take shortcuts through poorly lit or secluded areas. Know the neighborhood you're in. **Don't rely on your phone.**



Self-Defense and Emergency Preparedness while walking

- **Carry a Personal Safety Device:** Consider carrying pepper spray (2.5 oz bottle is legal in Los Angeles to carry), a personal alarm, or a cell phone to summon emergency assistance.
- **Consider Self-Defense Training:** Learning self-defense techniques can provide confidence and skills in case of an attack.
- **Have an Emergency Plan:** Think about what you would do if you encountered a dangerous situation, including identifying safe places to run and contacting help.
- **Use the Buddy System:** Walk with a friend or group if possible, as there is safety in numbers.
- **If You Feel Followed:** Change directions, cross the street, and if still concerned, seek refuge in a store, a neighbor's house who is home and call emergency services or contact your neighborhood watch.
- **Don't Engage with Harassment:** Avoid acknowledging or responding to verbal harassment.
- **If You Must Fight Back:** Aim for vulnerable areas and then escape to safety.



Homeless Individuals and Individuals In Crisis

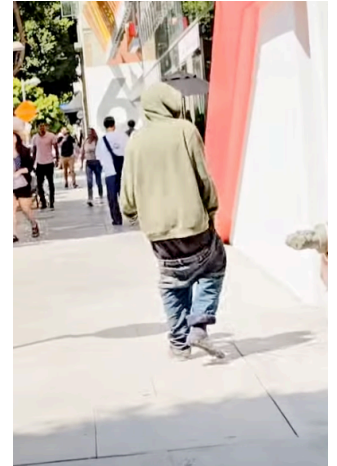


Do not get emotionally involved with a homeless person. As much as we try to be compassionate individuals, our compassion can lead to a violent interaction with individuals in crisis.

With the prevalence of drug use on our streets, when you encounter a homeless person or a person in crisis, look for signs that an individual might be in crisis.

What are those signs?

1. **Body Language and Behavior:**
 - Observe their body language. Are they agitated, aggressive, or overly defensive?
 - Look for signs of distress or erratic behavior, which may indicate they are under significant stress or experiencing a mental health crisis.
2. **Communication:**
 - If they are speaking incoherently or if their body language is erratic beware.
 - If they are coherent, pay attention to their tone and choice of words. Do not engage with harassment.
3. **Surroundings:**
 - Consider the environment. Are they in a crowded area or a more isolated spot? Isolation can sometimes lead to heightened stress or unpredictable behavior.
 - Look for signs of substance use, which may impair judgment and increase risk.
4. **Previous Interactions:**
 - If you have interacted with the person before, reflect on those encounters. Use your instincts. Were they friendly and non-threatening, or were there signs of aggression?
5. **Community Feedback:**
 - If the individual is often around the areas you frequent, local residents or business owners may have insights about the individual.
6. **Personal Safety:**
 - Trust your instincts. If something feels off or you feel unsafe, maintain distance and seek help if necessary.
7. **Seek Help:**
 - If you are concerned about someone's behavior and feel in danger find a safe place if possible and reach out to your neighborhood watch group, or a neighbor or business that is close by or call 911.



**In Los Angeles
You can call 211**

to request
assistance for a
homeless person



Being Prepared for an Emergency

While in your car

CELL PHONE, CHARGER

FIRST AID KIT

JUMPER CABLES

TIRE CHAINS OR SNOW TIRES

FLARES

WATER, SNACKS

FLASHLIGHT

BOOTS, MITTENS, WARM CLOTHES

BLANKET

TOW ROPE

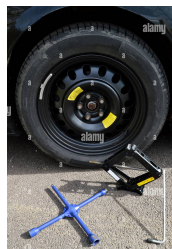
SHOVEL, ICE SCRAPER, SNOW BRUSH

FULL TANK OF GAS

BAG OF SAND OR CAT LITTER

Always keep the following in your car in case of an emergency:

- Fire extinguisher
- Flashlight
- Gloves
- Whistle
- Drinking Water and non-perishable food
- Blanket
- Always keep your car 1/2 full of gas or charge
- First aid kit
- Comfortable shoes
- Battery Jumper Pack
- Spare Tire, Jack and Lug Wrench
- Cell Phone Charger
- Reflective Triangles or Flares
- Multi Tool
- Local Road Map





Being Prepared for an Emergency While at Home

Home Emergency Kit

Top of the Trash Can

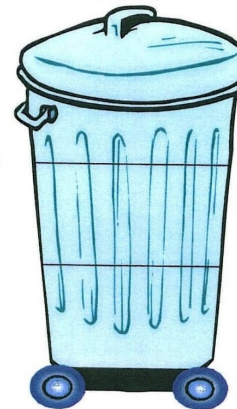
- Flashlight
- Radio
- First Aid Kit
- Drugs
 - Antibiotic Ointment
 - Eye Wash
 - Aspirin
 - Kaopectate
 - Medication recommended by your doctor
 - Insulin
 - Heart Tablets
- Dressings
 - Adhesive Tape, 2"W Roll
 - Sterile Bandage, 2"W Roll and 4"W Roll
 - Bandage, Large Triangle
 - Bandages, Plastic Strips
 - Cotton-tipped Swabs
 - Sterile Absorbent Cotton
 - Ace Bandage
 - Butterfly Bandages
 - Gauze Pads (4"x4")
- Miscellaneous
 - Scissors
 - Tweezers
 - Thermometer
 - Petroleum Jelly
 - Rubbing Alcohol
 - Tissues
 - Pocket Knife
 - Water Purification Tablets
 - Eye Dropper
 - First Aid Handbook

Middle of the Trash Can

- Food
 - Three Day Supply of Food requiring no refrigeration. Date all Food Items. Write out a menu for each day
 - Canned Tuna or Pork and Beans (1/2 lb/person)
 - Nonfat Dry Milk
 - Graham Crackers (1/2 lb/person)
 - Dried Apricots (1/2 lb/person)
 - Canned Orange or Tomato Juice
 - Peanut Butter (1/2 lb/person)
 - Water (1 gal/person)

Bottom of the Trash Can

- Bedding
 - Sleeping Bag/Blankets
 - Plastic Sheet/Tarp
- Clothing
 - One change/person
- Personal Supplies
 - Toiletries
 - Towel
- Fuel and Light
 - Matches
 - Candle
 - Signal Flare
 - Sterno Canned Heat
- Equipment
 - Can Opener
 - Dishpan
 - Dishes (disposable)
 - Utensils (disposable)
 - Ax
 - Shovel
 - Bucket (plastic bag liners)
- Infant Needs
 - If Applicable
- Personal Documents
 - See Family Emergency Plan
- Money
 - Cash



- Keep shoes by your bed
- Keep a flashlight in your bedside table
- Make sure your neighbors know beforehand if you are a person that needs help to evacuate in an emergency.

Being Prepared for an Emergency

Go Bag



What goes in a go bag?

Essentials:

- **Water:** At least one gallon per person per day, for drinking and sanitation.
- **Food:** A 3-day supply of non-perishable, ready-to-eat food.
- **First Aid Kit:** A comprehensive kit with bandages, antiseptic wipes, pain relievers, and any personal medications.
- **Flashlight:** Battery-powered or crank-powered, with extra batteries.
- **Radio:** A battery-powered or crank-powered AM/FM radio, preferably with NOAA weather alert.
- **Clothing:** Warm, weather-appropriate clothing, including a jacket, hat, and sturdy shoes.
- **Copies of important documents:** IDs, insurance information, medical records, and other essential paperwork, preferably in a waterproof container.
- **Cash:** In small bills, as ATMs may not be accessible.
- **Whistle:** To signal for help.
- **Smoke Mask:** Wildfire is a reality for our neighborhood. Get a smoke mask that will allow you to breathe in the event of heavy smoke. There are different models available it's important to note the minute rating on the one you buy.



Other Helpful Items:

- **Personal hygiene items:** Toothbrush, toothpaste, soap, hand sanitizer, toilet paper, and feminine hygiene products.
- **Multi-tool or knife**
- **Local maps**
- **Communication:** Phone charger and portable power bank.
- **Medications:** A week's supply of prescription medications, with copies of prescriptions.
- **Items for children or pets:** Consider snacks, games, or comfort items for children, and pet food and supplies if applicable.
- **Emergency blanket**
- **Dust mask:** An N-95 mask will work

Customization:

- **Consider your specific needs:** Tailor your go bag to your family's unique needs, such as medications, dietary restrictions, or mobility aids.
- **Practice using your kit:** Familiarize yourself with the contents and practice packing and carrying your go bag.
- **Keep your go bag accessible:** Store it in a location that is easy to reach in an emergency.

Go Bag - continued

Want a Handy Illustration instead?



Don't forget the smoke mask



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presented in this class**

Scan this QR code



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neighborhood prepared

neighborhood advocacy



community events

traffic mitigation

design review board

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