

PERSONAL SAFETY TIPS



FROM
MCSO CAPTAIN IRWIN CARMICHAEL

REDUCE YOUR CHANCES OF BECOMING A VICTIM OF CAR THEFT

- ✓ Close all windows and lock all doors.
- ✓ Install tapered Interior door lock buttons.
- ✓ Park in heavily traveled areas.
- ✓ Engrave an ID number in a hidden place on all your valuables.
- ✓ Do not leave valuables in plain sight.
- ✓ Do not hide spare keys. *They can be found.*
- ✓ Don't think it can't happen to you. Act **before** the crime.

REDUCE YOUR CHANCES OF BECOMING A VICTIM OF ASSAULT:

1. Avoid walking on streets alone at night.
2. Walk with a friend you can count on for assistance.
3. Be aware of your "body language."
4. Walk facing traffic.
5. Don't walk when you are emotionally upset, depressed, inebriated, or on medication. (*You will not be as alert to your surroundings*).
6. Be alert for people who may be watching or following you.
7. If a suspicious person follows you on foot, cross the street and change direction, as well as your pace.
8. Do not overburden yourself with packages that would make it difficult for you to react or escape.
9. When using public transportation, plan your transfers so you get on or off at stations that are well-lit and populated.
10. Walk near the center of the sidewalk and avoid passing close to shrubbery, dark doorways, vacant lots, closed parks, or parked cars.
11. Do not take short cuts, especially through back-yards, unfamiliar or vacant buildings, parking lots, or alleyways.
12. Be cautious when talking to strangers on the street, especially when asked to give directions.
13. Vary your routes and times of departure if you walk regularly.
14. Keep your wallet, money, keys, and credit cards hidden on your body (i.e. an inside pocket).
15. Remember you can call 911 from a pay phone without depositing money and with a cell phone even if service has been turned off.
16. Leave a purse snatcher empty-handed. Hold your purse firmly.
17. Report stolen credit cards immediately.

SCHEDULE YOUR SEMINAR TODAY

CALL: 704-432-3064

EMAIL: Cynthia.Reid@mecklenburgcountync.gov

ABOUT CAPTAIN IRWIN CARMICHAEL



Irwin Carmichael was born in rural Long Creek, a few miles north of Charlotte, NC. He is a 9th Degree Master Black Belt Instructor in Kempo Karate.

In 1986, Irwin joined the Mecklenburg County Sheriff's Office and has since gained the rank of Captain. He has had the opportunity to interview hardened criminals and has analyzed how the criminal mind works. Mr. Carmichael has gathered information for his crime prevention programs through high profile transports of prisoners such as Henry Louis Wallace, Van Brett Watkins and Rae Carruth to name a few. He merged his martial arts skill with his knowledge of crime to develop a personal safety and awareness program, Women's Awareness Response. As a courtesy of the Sheriff's Office, he presents this program to many organizations, businesses, and groups throughout the county and state. Captain Carmichael has written a book, Women's Awareness Response, and produced a child safety and abduction video, Kid's Awareness Response.

In 2012, Irwin retired as an Engineer from the Charlotte Fire Department after 26 years of service. He has fulfilled every little boy's dream of becoming a policeman, fireman, and karate master. Irwin has been married for 23 years to his lovely wife, Ronda, and they have an 18 year old son named Rodney, who is following in his daddy's footsteps.