

**National Churchwatch**  
**Top Ten Personal Safety Hints**

1. Trust your instincts
2. Know your limitations
3. Always report incidents, no matter how minor they may seem
4. Keep calm
5. Plan ahead
6. Report any area of your work that puts you at risk
7. Know what the rules are, not what you think they are
8. Never be afraid to run away
9. Carry a personal attack alarm in an accessible place at all times
10. No item of property or building is worth your life