

# The Personal Safety Handbook

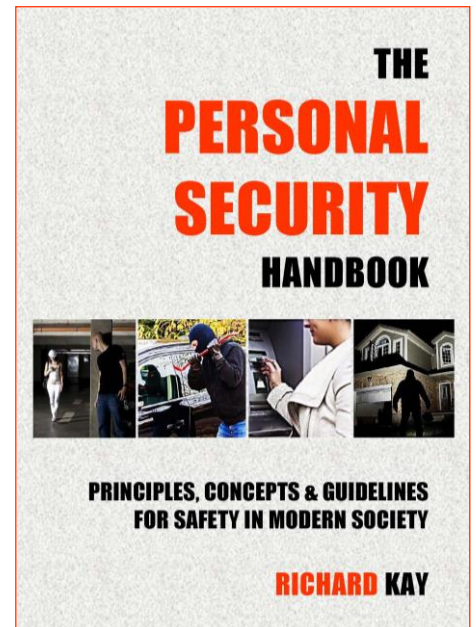
## Principles, Concepts & Guidelines for Safety in Modern Society

by

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**1<sup>st</sup> edition, limited release, 212 pages**



Foreword by **David Sutherland**, Police Commander & Former SAS Soldier

This book is a comprehensive guide designed to prepare you for improving your safety. It includes legal, moral, physiological and psychological considerations that you should consider and manage when dealing with the heightened stress of a confrontation. It systematically steps you through everything in preparation for almost any type of risk scenario you may find themselves in, what you are required to do towards duty of care obligations, what you can expect to feel and how to deal with trauma post incident. It also provides the foundation of all preparation, training. Sound principles and realistic training provide the self-awareness needed to understand strengths and limitations for deciding to act in a time of crisis. This book details training concepts that, if practiced, can prepare and provide you with a learned response to a given situation. As a personal reference or compendium of security knowledge, I encourage all readers of this book to learn from the valuable principles and concepts provided within. Most are realistic and common-sense in their approach and provide a useful guide to navigate your life in a more secure way.

Contents include:

### Prevention

Security for Personal, Home, Street, Vehicle, Workplace, Travel and Online, General Awareness (terrorism, infectious disease, dogs)

### Preparation

Mental Preparation, Interpersonal Conflict, Interpersonal Aggression, Interpersonal Violence, Emergency Management

### Protection

Proactive Concepts, Tactical Concepts, Protective Concepts

### Preservation

Trauma Management, Confrontation Fallout, Incident Documentation, Courtroom Survival, Public Safety Conundrum

### Perspective

Training Concepts, Reality Concepts, Instructor Concepts

