

Hello, my name is H. Stone and I am a Girl Scout, Juliette with Service Unit 407 working towards my Girl Scouts of Northeast Texas Gold Award. For this project I will be passing out safety tips to local residents and businesses. Please take a moment to review the Safety Tips for your consideration.



# Week 3



The Lewisville Police Department has approved this flyer in cooperation with Girl Scout Unit #407. If you have any concerns or questions, please feel free to reach out to Sgt G. Blair at: [gblair@cityoflewisville.com](mailto:gblair@cityoflewisville.com)

## Tips for Running

1. Be visible
2. Run against traffic so you see them and they see you
3. Keep your eyes open
4. Avoid having earphones in both ears for safety purposes
5. Keep your ID on you
6. Run in well lit areas
7. Change up your running route

## Tips for The Workplace

1. Keep your desk clean and organized
2. Know where emergency exits are located
3. Under extreme emergencies remember that a window can be an exit as well
4. Be alert
5. Take regular breaks to reduce stress
6. Stay vigilant

To opt out of receiving safety flyers, email [hsgoldaward@gmail.com](mailto:hsgoldaward@gmail.com) with your address, Thank you