

## On Public Transportation

- » Use well-lit, busy stops. Stay near other passengers.
- » STAY ALERT! Don't doze or day-dream!
- » If someone harasses you, make a loud noise or say "Leave me alone." If that doesn't work, hit the emergency signal on the bus or train.
- » Use the intercom to call the station manager in an emergency. Instructions are in Braille and raised letters. If you cannot speak, simply press and continue to hold the button for immediate help.
- » Large electronic signs on each mezzanine and platform list elevator outages and shuttle bus locations. They also display the destination and arrival time of the next trains, and service delays.
- » Intercoms at both ends of a rail car are accessible to people who use wheelchairs. Use the intercom only to report an emergency to the train operator. Instructions are in Braille and raised letters. If you cannot speak, simply press and hold the call button for assistance.
- » On Metrobuses, the wheelchair securement area is near the front of the bus. Wheelchairs and mobility devices are secured by tie downs. There is a lap belt for safety.
- » Priority seats are located behind the driver. If you need priority seating, it's okay to ask.



### Free system orientations

Sign up for free one-on-one or group orientation sessions which offer familiarization with and hands-on training on Metrobus and Metrorail. To schedule a session, customers may contact the ADA office at:

- » 202-962-1558 or 202-962-1100
- » TTY 202-962-2033
- » Email [access@wmata.com](mailto:access@wmata.com)

### Get More Safety Tips

For tips on other ways to stay safe from crime in your daily life, see the other brochures in this series, available from our Website at [www.mpdc.dc.gov/safety](http://www.mpdc.dc.gov/safety). Or visit your local police district. To find the one nearest you, visit [www.mpdc.dc.gov/districts](http://www.mpdc.dc.gov/districts).

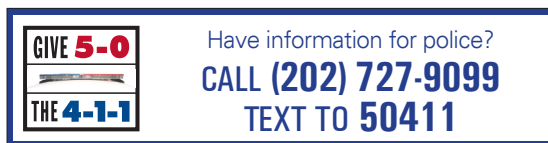
## Get Involved!

No one individual or agency working alone can prevent crime. It takes police and citizens working in partnership. The District of Columbia's community policing strategy provides many ways for police and communities to work together to prevent crime and build safer neighborhoods. These include regular Police Service Area meetings in your community, citizen patrols and more. To learn more about community policing activities in your neighborhood, call your local police district:

1st District	Main: .....(202) 698-0555..... TTY: 727-8506
	Substation: .....(202) 698-0068..... TTY: 543-2352
2nd District	Main: .....(202) 715-7300..... TTY: 364-3961
3rd District	Main: .....(202) 673-6815..... TTY: 518-0008
4th District	Main: .....(202) 715-7400..... TTY: 722-1791
	Substation: .....(202) 576-8222..... TTY: 576-9640
5th District	Main: .....(202) 698-0150..... TTY: 727-5437
6th District	Main: .....(202) 698-0880..... TTY: 398-5397
	Substation: .....(202) 698-2088..... TTY: 281-3945
7th District	Main: .....(202) 698-1500..... TTY: 889-3574

## Know Something About a Crime? Don't Keep It a Secret

If you have important information to share with the police, the Anonymous Crime Tip Line and Text Tip Line enables you to give MPD vital information anonymously. Just dial (202) 727-9099 or text to 50411 24 hours a day, seven days a week. Your name will not be used, only the information you provide. Your information could lead to a cash reward. For more details, see [www.mpdc.dc.gov/tipline](http://www.mpdc.dc.gov/tipline).



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
Metropolitan Police Department  
300 Indiana Avenue, NW  
Washington, DC 20001

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## FOR YOUR SAFETY



## Safety Tips for Persons with Disabilities

*Tips for reducing your risk of becoming a victim of crime*



# Fear of crime, and the need for knowledge to help keep us safe affects us all.

Everyone needs to know how to stay safe and secure. A disability — impaired mobility, hearing or vision — doesn't prevent you from being a victim of crime.

Some common sense actions can reduce your risk of becoming a victim of a crime.

- » Avoid establishing predictable activity patterns. Most of us have daily routines, but never varying them may increase your vulnerability to crime.
- » Know the neighborhood where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, restaurants, or stores that are open and accessible.
- » Be realistic about your limitations. Avoid places or situations that put you at risk.
- » Send a message that you are calm, confident and know where you're going.
- » Stay alert and tuned in to your surroundings, whether on the street, in an office building or shopping mall, driving, or waiting for the bus or subway.

## At Home

- » Put good locks on all your doors. We recommend double-cylinder, deadbolt locks, but make sure you can easily use the locks you install.
- » Install peepholes on front and back doors at your eye level. This is **ESPECIALLY IMPORTANT** if you use a wheelchair.
- » Get to know your neighbors. Watchful neighbors who look out for you as well as themselves are a frontline defense against crime.
- » If you have difficulty speaking, have a friend record a message (giving your name, address, and type of disability) to use in emergencies. Keep the tape in a recorder next to your phone.
- » Ask your district police station to conduct a free home security survey and to help create a safety plan for your individual needs.

## Out and About

- » If possible, go with a friend.
- » Stick to well-lit, well-traveled streets. Avoid shortcuts through vacant lots, wooded areas, parking lots, or alleys.
- » Let someone know where you are going and when you expect to return.
- » Carry a purse close to your body, **NOT** dangling by the straps. Put a wallet in an inside coat or front pants pocket. If you use a wheelchair, keep your purse or wallet tucked snugly between you and the inside of the chair.
- » If you use a knapsack, make sure it is securely shut.
- » Always carry your medical information, in case of an emergency.
- » Consider installing a cellular phone or CB radio in your vehicle.
- » Consider carrying a whistle or personal alarm device.
- » Consider placing a flashing light on your wheelchair to increase your visibility. These can be found in sporting goods stores.

## If Someone Tries to Rob You

- » Don't resist. Give up your property— don't give up your life.
- » Report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent others from becoming victims.
- » Self defense measures are most effective when applied as preventive steps—avoiding the crime in the first place. These measures include running

away, hiding, screaming, and raising an alarm—remember, more people will respond to someone yelling, "Fire!" than they will to "Help!"

## Watch Out for Con Artists

Many con artists prey on people's desires to find a "miraculous cure" for disabilities and chronic conditions. You have to outsmart these con artists, and to do that, remember these tips:

- » If it sounds too good to be true, it probably is.
- » Don't let greed or desperation overcome common sense.
- » Get a second opinion.
- » Be wary of high-pressure tactics, need for quick decisions, demands for cash only, or high yield low-risk investments.

