

Know Your Exits

Finding the closest exit under stress can be difficult

At times, staying safe might mean getting away from an unsafe situation.

Stay prepared and mind your exits by:

- Taking a second to look around and find your exits in new environments.
- Considering that the best way in may not always be the best way out.
- Visualizing for safety to help you stay calm and collected during an actual emergency situation.
- Keeping visitors at work and home aware of exits at all times.

