

June is National Safety Month

According to the National Safety Council, June marks the start of National Safety Month. At Bullet Blocker, one of our main missions is to promote safety and effective prevention strategies among individuals. Throughout the month, we will discuss how to stay safe while travelling, in school settings, and in the workplace. We have seen that emergencies can happen at any time and place, so it is important to have a foundation of safety strategies to use throughout any aspect of your life.

Week 1: National Safety Month

While we have previously recognized Personal Safety and Self Defense Month, this month extends beyond that. In addition to looking after the safety of yourself, this month encompasses the importance of safety within your neighborhood, greater community, workplace, school, and while traveling. Most people go throughout their day assuming they are safe and unconcerned that something bad could happen, but it is important to be prepared and on guard for any type of emergency situation. Safety is something many people take for granted, whether unintentionally or not. Many of us are fortunate to live in a country in which we can feel relatively safe, but no place is 100% free from dangerous situations or emergencies. We protect ourselves by getting a flu shot before winter, by locking our doors at night, by getting insurance for our cars...so why not protect yourself by implementing simple safety strategies throughout your life? Taking the time to learn effective prevention and safety strategies could literally save your life.

According to an article published by [Columbia University](#), there are many ways to increase your personal safety that are not difficult to implement.

- **Reduce opportunities that make you a target.** This may include travelling in groups when possible, keeping your personal belongings close-by, and walking confidently.
- **Increase your awareness in places even where you are comfortable.** Be aware of your surroundings at all times, walk with your head upright, and make eye contact with those around you. Don't tune yourself out by texting or looking down.
- **Trust your instincts, even if you feel embarrassed.** If you feel threatened or see anyone acting in a suspicious manner, contact the police and immediately remove yourself from the situation if possible.
- **Prepare your schedule daily with safety in mind.** This may include avoiding dangerous areas, avoiding travel alone after dark if possible, and staying in well-lit, populated pathways.

At Bullet Blocker, one of our most popular clothing products for discrete protection is our Gabriel Ballistic Base Layer Compression Vest. Created by one of our finest engineers, the vest is the most concealable piece of body armor on today's market with a NIJ IIIA rating. The Gabriel gives you the tactical advantage you need with the lightweight comfort you deserve, whether you have a dangerous job, travel to risky places, or simply desire an extra level of protection throughout your day to day. Each Gabriel is custom built and its sleek design leaves a nearly invisible footprint under most garments, giving you instant protection and reassurance that you will be safe in any emergency situation.

Week 2: Staying safe while travelling

As we continue through the month of June recognizing National Safety Month, this week we will focus on a particularly important topic: how to stay safe while travelling. Whether you

travel often for work, occasionally for vacations, overseas in dangerous areas, or within your own country, it is necessary to take the proper steps to ensure your safety while on a trip. As we always emphasize: emergencies and dangerous situations can occur anywhere, at any time—even if you believe you are going to a relatively safe region, or have travelled somewhere many times without an issue. Being prepared, having an emergency plan, and taking proper preventative steps prior to your trip are all effective ways to be a smart and safe traveler.

Fortunately, there is a lot of information out there on how to stay safe while travelling. [USA Today](#) published a list of tips for every traveler to follow, which can be used as a rule-of-thumb regardless of whether you are travelling locally for a quick trip, or internationally, for an extended stay.

- **Check in with the State Department prior to your travel.** This [website](#) provides up-to-date safety information regarding every country in the world. It gives information about necessary vaccinations, political conflict, and local laws. You can also register your travel plans so the State Department will be able to notify you in the event of a natural disaster, emergency, or civil unrest.
- **Leave an itinerary back home with someone you can trust.** Even if it is just a quick business trip, it cannot hurt to give someone a general list of where you are staying, what you plan on doing, and when you are coming home. If possible, check in with this person frequently while traveling to assure them you are safe.
- **If you are staying in a hotel, review the escape route.** While this may not be the first thing you want to do when arriving at a hotel, it is nevertheless important. In the case of an emergency in the middle of the night, it will be useful to know the escape routes and other necessary information about the hotel and surrounding area.
- **Keep an emergency kit with you.** In January, we provided the basics of prepping and steps to make your own emergency preparedness kit. This kit should include a first-aid kit, backup phone batteries, non-perishable food, water, and a flashlight—at the very least. Depending on the region you are going to, you may want to consider blankets, a snow shovel, gloves, or other items deemed weather-appropriate.
- **Save emergency numbers.** Find out what the local emergency hotlines are and save them to your phone. It is also a good idea to research the nearest U.S. embassies and save those addresses and phone numbers.

Regardless of where you travel to, using common sense and following these simple preventative steps can go a long way. We offer a variety of products ideal for travelling. Our NIJ IIIA Bulletproof backpacks and briefcases are a great option for carry-on luggage. Our [Leather Flap Briefcase](#) is discrete, stylish, and functional—perfect for a business professional who travels often for work. The briefcase is constructed of heavyweight bridle leather with ample storage space and multiple compartments. Additionally our [Rolling Backpack](#) is another great carry-on option. This versatile pack can be either wheeled or worn on your back. Its durable nylon wheels and collapsible handle add functionality to the backpack. It has ample storage space for all your travel needs, and a multi-function organizer to keep things neat. The NIJ IIIA Bulletproof panel only adds 20 ounces of ballistic weight, ensuring a comfortable wear. Staying safe while travelling is not as difficult as it may seem. Following simple rules and trusting your best judgment will keep you on guard and safe.

Week 3: Tips for Staying Safe at School

Many of us know someone who goes to school, have a child whose in school, or are a student in school ourselves. While schools are generally thought of as safe environments, it can still be nerve-wracking to send your kid off to school or live on a college campus while cognizant of the recent school shootings and tragedies. While we have never preyed on vulnerabilities and fear, we believe that taking preventative strategies and following general safety guidelines is beneficial and necessary in today's society. Because emergencies can happen anywhere, being prepared and taking the steps to better protect yourself in advance is the best option. Below we will discuss a few steps you can take to get started.

- **Review school policies and administration.** Every school has different protocol in place for handling emergency situations, along with the specific rules that students are expected to follow. At the beginning of every school year, consider reviewing you or your child's school's handbook and discussing it. If you think the handbook is missing pertinent information regarding emergency response or drills, consider contacting the school's administration office for clarification. Being informed is one of the best ways to be prepared.
- **Stay connected.** If you live on a college campus away from home, share your class schedule with your parents and trusted friends, along with your phone numbers and other information such as your dorm/apartment address. In the event of an emergency, being able to contact family and other loved ones is essential. Consider storing emergency numbers into your phone including the university police and campus safety contacts.
- **If you sense something suspicious, report it.** If your child is a student, encourage them to speak to a teacher, counselor, principal, or school police officer if they sense anything suspicious at school. If they notice a stranger at school who looks unfamiliar or suspicious, or hear someone saying something potentially threatening or dangerous, encourage them to report it immediately. It is always better to be safe than sorry.
- **Get involved.** Get involved within the greater school community. If you are a student, consider starting or joining a club to promote emergency preparedness. If your child is a student, consider getting involved within the school system. Encourage administration to develop their emergency preparedness and prevention protocol. Join the PTA if possible, or volunteer to be physically present within the school community.

At Bullet Blocker, we have a variety of school safety solutions ideal for any type of student. Our NIJ IIIA Bulletproof [Backpack Panel Inserts](#) are particularly popular for students. Conveniently available in multiple sizes and shapes, the panels allow you to easily and discretely make your pre-owned bag or backpack bulletproof. The panel fits into most backpacks, making it a great option for students and commuters who desire an extra layer of protection while at school or on the go. The semi-flexible, 20-ounce NIJ IIIA panel is made with the latest DuPont Kevlar technologies, which means that it is safe, durable, and lightweight. These qualities allow it to be swapped effortlessly into different bags without ever compromising comfort or concealability.

Week 4: Staying Safe in Emergency Situations

As National Safety Month comes to an end, this final week we will provide you with a general list of tips to follow in the event of an emergency situation. Many workplaces, schools, college campuses, and communities have their own set of emergency protocol to follow, specific to the location. However if you discover that your workplace or school does not have any emergency protocol in place, encourage your boss or school's administration to develop a plan. It is also beneficial to participate in practice drills; these ensure that

everyone is prepared to the best of their ability, and reduces the stress and uncertainty that come with an emergency event. Staying safe in emergency situations may seem impossible depending on the severity and nature of the emergency, but following some simple tips will help. Next month we will discuss specific types of disasters, but this week we will focus on emergencies that pose a threat to the safety of an area, such as a workplace or college campus. Such events include active shooters, criminal activity, and riots, among others.

- **Locate the exits:** regardless of where you are, you should be aware of escape routes and exits, whether that be in a school building, workplace, or event stadium. This is one smart way to stay prepared if an emergency occurs.
- **Look for shelter:** depending on the nature of the emergency, there may be an active shooter. Staying hidden behind something could potentially protect you from gunfire.
- **Be quick:** In any emergency situation, it is important to not hesitate about getting to safety. Be quick and efficient in leaving the dangerous situation if possible.
- **Run, Hide, Fight Protocol:**
 - Run: flee the area if you can do so safely
 - Hide: if you are unable to escape, stay in a concealed place. This includes staying quiet and turning off any ringers on cell phones and lights.
 - Fight: as a last resort when your life is in danger, using whatever possible to protect yourself. You stand a better chance of survival if you do something rather than nothing.

We sell a variety of safety solutions designed to give you peace of mind and defense in an emergency event. Our products are designed with NIJ IIIA Bulletproof protection, ensuring that you will have a barrier of protection between you and a shooter. Our backpacks have remained one of our most popular and best-selling products over the years, and it's no surprise why. Backpacks like [The Guardian](#) offer discrete and lightweight ballistic protection designed for ease of wear. The anti-ballistic panel only weighs 20 ounces, ensuring comfort during all-day wear. Its adjustable and ergonomically curved straps stabilize the bag, and the multiple compartments offer ample storage space. It is tested to NIJ IIIA Standards, meaning it will stop a 357 Magnum, 44 Magnum, 9mm, .45 caliber hollow point ammunition and more.

Though National Safety Month is ending, consider taking steps to improve your safety throughout the year—not just this month. Investing in your safety is important and can literally save your life.