



TAKING RESPONSIBILITY FOR YOUR SAFETY

Personal safety and protection of property is the responsibility of each individual. Make the decision to assume responsibility for your safety and the security of your property. Campus Security urges everyone to participate in making our campus as safe as possible. If you develop good security habits, you can assist us in better safeguarding our college. The Sherman College campus and surrounding area are relatively safe, however, no area is completely immune to criminal activity. Educate yourself about the resources available to you and the ways you can help protect yourself.

Below are some safety tips for everyone:

- Practice situational awareness; learn to determine what is normal and what is not.
- Travel in groups, never alone.
- Walk only in areas that are well lit.
- Stay alert and don't get distracted.
- Trust your instincts. Leave an area if uneasy.
- Lock it up. Secure your vehicle and belongings.
- Put your name or other identifying marks on belongings and valuables. The college assumes no liability for personal possessions or vehicles.
- Do not make yourself a target for robbery or attack. Do not flaunt large amounts of cash, jewelry or other items of value.
- Make sure Student Affairs has your current correct contact information on file.
- Report suspicious activity by calling 864-578-8770, ext. 333, 864-316-7576 or 864-680-9802.

EMERGENCY CONTACT NUMBERS

To report a crime or an emergency, contact any Sherman College employee or call one of the following authorities:

- Police, Fire, EMS- Emergency
911
- Office of Campus Security
864-578-8770ext.333 or
864-680-9802 or 864-316-7576
- SAFE Homes-Rape Crisis Coalition
800-273-5066
- Mental Health Center
864-585-0366
- Mary Black Memorial Hospital
864-573-3000
- Spartanburg Regional Medical Center
864-560-6000
- Alcohol & Drug Abuse Center
864-582-7588

FIND MORE ONLINE

You can view the South Carolina Sex Offender's web site at <https://www.city-data.com/so/so-Spartanburg-South-Carolina.html>.

You can view crime statistics online at: https://www.sherman.edu/mdocs-posts/campus_security_report/.



SHERMAN COLLEGE
of CHIROPRACTIC

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Taking Responsibility for Your Safety

at Sherman College
of Chiropractic



SHERMAN COLLEGE
of CHIROPRACTIC



THE IMPORTANCE OF SITUATIONAL AWARENESS

Situational awareness is the ability to identify, process and comprehend information about how to survive in an emergency situation. More simply, it's knowing what is going on around you. It is dynamic, hard to maintain, and easy to lose. Knowing what is going on all the time is very difficult for any one person, especially during a high stress survival situation. Therefore, it is helpful to know what behaviors are effective in maintaining situational awareness. Here are a few ways you can improve your situational awareness today before you need it in a survival situation:

1. Learn to Predict Events

The most effective aspect of situational awareness involves the ability to project the future actions of elements around you. After you have been able to identify elements in your environment and can comprehend the situation, it is time to take your situational awareness one step further. Use this information to think ahead and determine how it may affect future actions and events in the environment.

2. Identify Elements Around You

Become aware of the important elements in your environment. Start by noticing potential threats around you. Then expand your awareness to other non-threatening elements. This is the most basic level of situational awareness where you begin to

monitor, detect and recognize multiple situational elements. These include objects, events, people and environmental factors. Basic situational awareness also requires you to notice the locations, conditions and actions of the elements around you. This may sound overwhelming, but don't worry. These are skills you already use on a daily basis. The first step is designed to help you expand and improve your perception of what is happening around you.

3. Trust Your Feelings

Disorder within your family or a gut feeling that things are not right can cause you to lose proper situational awareness. This clue is one of the most reliable because the body is able to detect stimuli long before we have consciously put it all together.

4. Limit Situational Overload

Overload causes distraction, increased errors, and high stress. Prioritizing and delegating tasks and minimizing surrounding distractions can improve survival during times of overload.

5. Avoid Complacency

Assuming everything is under control will affect your vigilance. You have to actively keep yourself in the right mindset. When things are slow or tasks are routine, complacency usually occurs. The worst part is the slow creep of complacency is hardly ever noticed except in hindsight. Continue to challenge yourself and those around you to be prepared for contingencies. Do a mental check now and then.

6. Be Aware of Time

Time is an important factor in mastering situational awareness. The pace of your environment is constantly being changed by the actions of individuals, task characteristics and outside elements. When unplanned events begin to arise, be sure to make the necessary changes to your schedule and goals.

7. Evaluate and Understand Situations

The next step in involves understanding multiple elements through the processes of pattern recog-

niton, interpretation and evaluation. Use this information to determine how it will affect your goals or in this case your ultimate survival. This will help you build a comprehensive picture of your immediate surroundings and a better understanding of situational awareness.

8. Actively Prevent Fatigue

Fatigue affects your ability to watch for possible danger or difficulties. Try adjusting your routine and imposing sleep discipline to prevent wake cycles longer than 18 hours. Make sure you get at least five and preferably eight hours of sound sleep per day to minimize sleep deprivation.

9. Continually Assess the Situation

When you are in a survival situation, always be prepared for changes around you. Continually assess and reassess the situation to determine if you are giving yourself the best possible outcome. Learn what nature, the land, and new tasks are telling you before you find yourself in a difficult situation.

10. Monitor Performance of Others

Be alert for changes in the performance of those around you caused by work overload, stress and mistakes. When changes are needed, take action by speaking up and helping out. A weak link in your family could be the difference between your success or failure.

