

# 101 Personal Protection Tips

(For lawyers, judges and others)

by

David Zachary Kaufman;

KAUFMAN LAW, A Professional Corporation;

[www.dzklaw.com](http://www.dzklaw.com)

and

Qui Custodes, the Personal Protection Blog

at [www.quicustodes.typepad.com](http://www.quicustodes.typepad.com)

This breaks down into 2 areas:

A. Before Threat appears protection is created by your general lifestyle choices

General:

Kids:

1. Make sure you know where your kids are at all times.
2. Establish the Rule: kids check in; even when going from your yard to neighbors' house.
3. Establish a code word to be used if a stranger picks your children up from school or friend's house.
4. Establish a code word kid can use to ask for help (like "come get me")
5. Set hand signals with wife and kids to "talk" and ask for help etc.
  - a. Make the signals inconspicuous but distinctive
  - b. Practice them over & over.
6. Consider cell phones for kids--GSM phones can be traced remotely if needed

Phones:

7. Re-program your cell phones to dial 911 whenever "9" is pressed. Speed-dial is wonderful, for your home as well as office lines.
8. Carry a cellphone and as you exit your office, house, or car, have 911 or your spouse or the number of someone else you trust already dialed, so that you

would only have to hit the "send" button for someone to know if you are in distress.

Life style:

9. People can find you with the registry of deeds or registry of motor vehicles.
10. Check in regularly with someone
11. Establish a code phrase for you and your contact (wife/so/kid etc.) to use on the phone in case something happens (kidnaping, break-in, etc.) - something innocuous like, "I'm fine. Take care of yourself"
  - a. Depending on your level of paranoia, a 'code phrase' that is NOT used may be a clue. In other words, if someone is holding you and telling you to read from a script, and you can't say "I'm fine, take care of yourself" then they won't know that you're in trouble.
  - b. If, on the other hand, your code is, you always end the conversation with "Take care of yourself" and you don't use it, THEN the other party knows you're in trouble.
12. Leave a schedule and destinations where they can be found
13. Use a cart, not multiple briefcases, purses etc.
14. Keep at least 1 hand free at all times
15. Drop your stuff & run;
16. Password key computer documents, cell phone, PDA etc.
17. Walk calmly, with good balance
18. Don't wear high heels flip-flops or backless sandals--you cannot run in them
19. Do not use headsets/IPods etc.
20. Watch behind you;
21. Watch for abandoned packages/briefcases etc.
22. Watch for rolled up magazines

23. Don't walk between groups
24. If it feels wrong, it is; listen to your instincts--millions of years went into creating them
25. Get a Dog. Any dog is good if it will tell you that strangers are around.
  - a. If you are going to get a watchdog, be sure to train it.
  - b. *Schutzhund* training is best for a watchdog but it is expensive and time consuming
  - c. If you have children be careful what kind of dog you get and what type of training you give it.
26. Kevlar body armor and/or briefcase. (Yes they make such things.)
27. Take a Martial Arts course
  - a. The martial arts are not miracle techniques
  - b. They take a lot of time to learn
  - c. You have to practice all the time.
  - d. *See Discussion of Weapon training below*

Weapons:

28. Do not get a firearm unless you are willing to use it. Many people go out and get weapons with the thought that they will just waive them like magic wands to make bad people go away. It doesn't work that way. Using a weapon on something other than a target is not as easy TV and the movies make it out. If you believe you are capable, go ahead, otherwise don't do it.
29. If you are going to get a firearm,
  - a. What about conceal carry permit w/accessories?
  - b. Learn how to use it.
  - c. You have to practice with it to be good
  - d. try to get your spouse/life partner/whatever to take lessons on safe use of the gun.
  - e. If you have children, teach them about the dangers of guns. *Eddie Eagle* is good.
30. Weapons for the person, car, home & office have different requirements and should not be the same weapon.
31. There are other functional weapons besides firearms.
  - a. Many require additional permits
  - b. All require training

c. All require practice

32. If you get a weapon of any kind, carry it with you everywhere--no exceptions. It does you no good locked away.

Home:

33. Always leave lights on in your home and outside lights too.
34. Install a peephole in all the doors
35. Use the Peephole
36. Be sure no one can hide from the peep hole view
37. Dead bolt the doors--All the doors not just the front doors
38. Dead bolt should have 3" screws or better
39. Secure the windows and *all* other entries, even the attic vents
40. Don't leave ladders around
41. Have a master switch to turn on all the outside lights
42. Trim shrubbery away from doors & windows
43. Light your garage/car port
44. Use the remote to open/close garage
45. Change codes for remote door opener
46. Look before you get out of car
47. Make sure your outer doors are either metal or solid wood
48. Glass doors should be either 3/4" thick or (better) should be synthetic unbreakable.
49. Use "charley" bars on all doors
50. Get an alarm or alarm system for home and office and car.

51. Make sure your home alarm system has triggers on all glass in the house, even skylights.
52. Install a panic button in your home near the front door, and near the bed - most alarm companies can do this easily, with the alert going straight to their central station.
53. Teach family members where to locate the panic buttons and how to use them.
54. All alarm systems should have a cut off code
55. All alarm systems should have a code that cuts off the system while indicating that you are being forced to cut it off.
56. Notify your family not to give out any info over the phone to anybody without checking with you first.
57. Get a chime at the front door which rings whenever the door is opened. It will help keep track of people coming in and going out.
58. Install a panic button in your home under your desk, near the front door, and near the bed - most alarm companies can do this easily, with the alert going straight to their central station. Teach family members where to locate the panic buttons.

#### Office

59. If you have a home office never meet clients anywhere near the home
60. If you have a home office use a mail drop address so home address not known.
61. Review safety rules for home doors, windows etc. etc.
62. Lock the inner doors, so that if someone comes into the front lobby, they can't get into the interior offices without a staff member opening them.
63. Install a camera in the front office with a monitor in our break room, so that I can see who is in the lobby.
64. Get a motion detector alarm at Radio Shack, about 30 bucks, and set it on

"chime"; when the door opens, it goes "DinG-DonG" and lets me know someone came in.

65. Get a chime at the front door which rings whenever the door is opened. It will help keep track of people coming in and going out.
66. Install a panic button under your desk and near the front door-- most alarm companies can do this easily, with the alert going straight to their central station. Teach family members where to locate the panic buttons.

Car:

67. Check rear view mirrors to observe people following you.
68. Check under the door handle of your car before grabbing it--razor blades may be placed there.
69. Walk around car to see if it has been tampered with--look down at tires etc since a quick way to catch you is to ensure you have a flat tire
70. Get locking gas cap so gas cannot be tampered with.
71. Park in different places and most certainly in heavily populated area
72. Always look in back of car before you get in
73. Your car is good place to be attacked so look around before you turn your attention to the car
74. Never get into car with attacker--do not let him/them take you away from the scene
75. Do not fumble with the keys--have them easily accessible
76. Don't keep house keys and car keys on same ring
77. Don't stop in front of your car and stare etc.
78. People know you always return to your car so it's a primary place to find you outdoors & distracted
79. Just because it looks like a cop car at night doesn't make it a cop car

80. If you are not sure demand ID, not badges--badges are cheap & easy to get
81. Do not roll down your window to talk

B. After threat is made you have more limited options:

82. If the person threatening you is a client
  - a. Remind client of error of trying anything
  - b. Dump client
  - c. Evaluate whether or not the threat is a confidence--if it is a credible threat it is not a confidence; if it is not a credible threat what are you worried about?
  - d. Get a better class of client
83. Notify police of appropriate jurisdiction
84. Notify babysitters, other parents, coaches, etc. and call you and the cops immediately if he is spotted.
85. Make extra sure to be alert & armed where ever you go
86. Get out of town,
87. If the guy is still on parole or probation you could drop a dime on him for a violation.
88. Get restraining orders,
89. Notify the court officer of my fear, and of the restraining orders,
90. Be very careful regarding where you go
91. Be Lucky
92. Document the death threat along with your client's name, address, ss#,date of birth, phone numbers, etc. Put the documentation into an envelope, seal the envelope, and give it to an attorney you know and trust with instructions to open the envelope only upon your death.
93. See if your state has a privacy in communications act that criminalizes harassing and intimidating calls, mail, e-mail, etc.

94. Make good friends of the county attorney and see if you can have him charged for each message he left.
95. Report it & get a TRO. Make sure you keep copies of the messages for the TRO hearing. Once you get the TRO make sure the security in your building (if you have it) or other tenants have a copy along with a photo of the guy if available. That way they can report violations, even if you're not there. You can't just blow off these kinds of people.
96. File a formal complaint with the police and asking that he be arrested.
97. Notify telephone company of phone threats
98. Consider hiring a security specialist/private investigator for additional advice  
Supplemental security for teenagers/singles
99. Don't drink except from closed containers
100. Don't eat unless you know where the food came from
101. Ask trusted persons for help if you need it