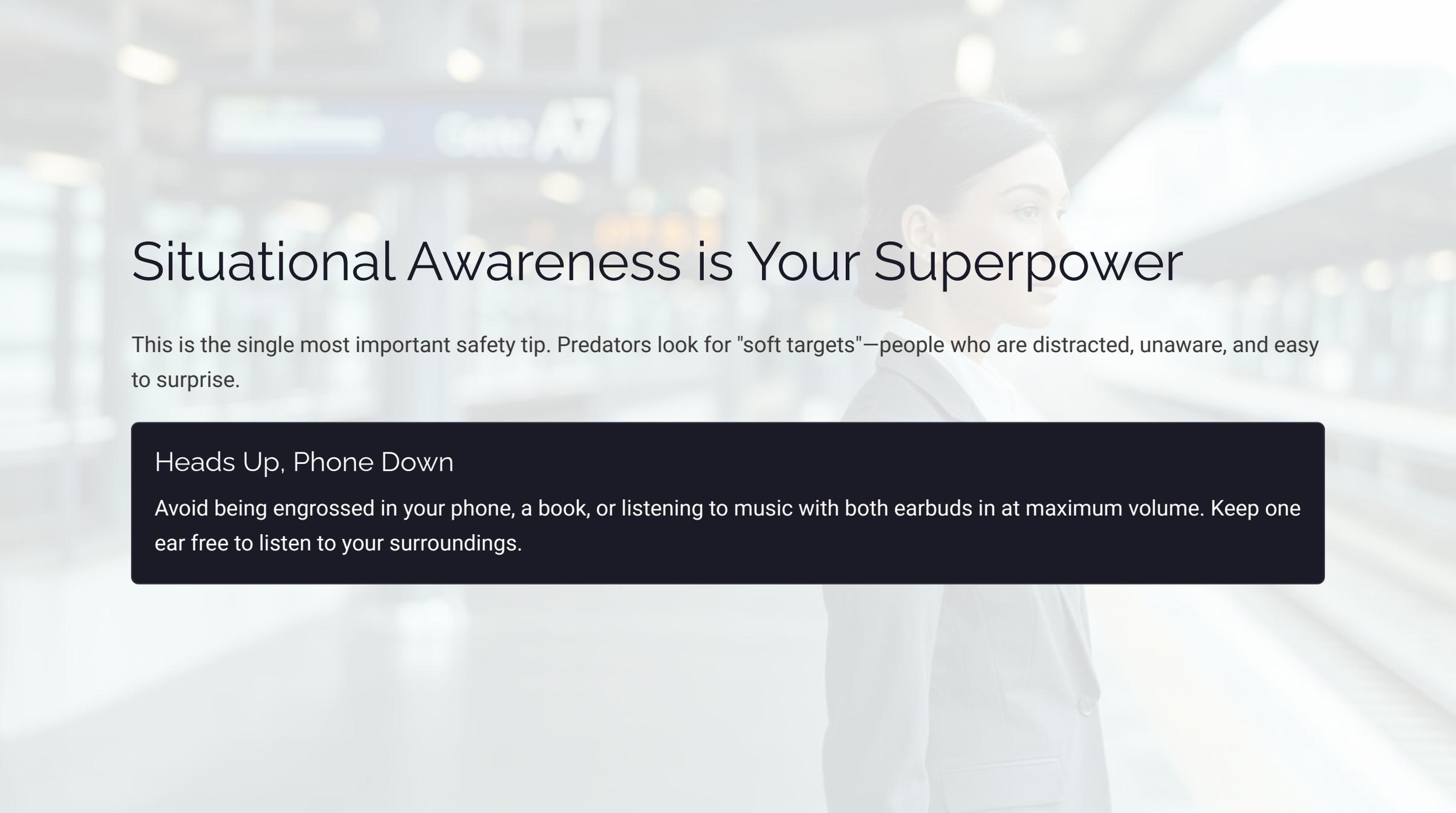


STAY SAFE ON PUBLIC TRANSPORT



SELF DEFENCE PLAYBOOK

www.kravmagaireland.ie



Situational Awareness is Your Superpower

This is the single most important safety tip. Predators look for "soft targets"—people who are distracted, unaware, and easy to surprise.

Heads Up, Phone Down

Avoid being engrossed in your phone, a book, or listening to music with both earbuds in at maximum volume. Keep one ear free to listen to your surroundings.

Scan Your Environment

Periodically look up and observe who is around you, both at the stop and on the vehicle. Note the locations of exits, emergency buttons, and the driver or conductor.



Observe People

Take note of who is around you at the stop and on the vehicle



Locate Exits

Identify all available exits and escape routes



Find Emergency Features

Note emergency buttons and communication devices



Spot Authority Figures

Locate the driver, conductor, or security personnel



Blend In & Project Confidence

Blend In

Try not to stand out with clothes or behaviour. If possible, move in rhythm with others and avoid being noticed.

Plan Your Journey & Project Confidence

Looking lost or uncertain makes you appear vulnerable. Confidence, even if you have to fake it, is a powerful deterrent.



Know Your Route

Check schedules and routes before you leave. Know which stop you need and have a general idea of the journey time.



Have Your Fare /Pass Ready

Fumbling through a bag or wallet for your ticket or payment card distracts you and advertises the location of your valuables. Have it in an easily accessible pocket.



Walk with Purpose

Stand tall, keep your head up, and walk with a steady, confident pace.

Master Your Waiting Game & Choose Your Seat Wisely

The time you spend waiting for a bus, train, or tram is a period of potential vulnerability.



Stay in Well-Lit Areas

Avoid isolated or poorly lit stops, especially at night. If possible, stand near other people or a staffed kiosk.



Keep Your Back to a Wall

When waiting, stand with your back against a wall, a ticket machine, or another solid structure. This reduces the number of directions someone can approach you from.

Strategic Positioning

Where you sit or stand can significantly increase your safety and ability to exit a bad situation.



Near Driver/Exit

The presence of an authority figure is a major deterrent. Sitting near an exit gives you an immediate escape route.



Prefer Aisle Seats

A window seat can leave you trapped. An aisle seat allows you to move away quickly if uncomfortable.



Avoid Empty Carriages

Choose a carriage with other people. A predator is less likely to act with witnesses present.

Stand

If risk is higher than normal, stand with back to exit in if possible

 **Key Tip:** Wherever possible, avoid sitting where others are behind you. Sit with your back to the wall if possible. Choose to stand if necessary.

Secure Your Valuables & Trust Your Instincts

The vast majority of crime on public transport is opportunistic theft. Reduce the opportunity.



No Flashing

Don't openly display expensive jewellery, large amounts of cash, or the latest tech gadgets.



Secure Bags & Pockets

Keep your bag zipped and in front of you. Never keep valuables in back pockets. In crowds, wear your backpack on your chest.

Trust Your Instincts

Your subconscious mind is incredibly adept at picking up on non-verbal cues and subtle signs of danger.

"If it feels wrong, it is wrong. If someone's behaviour or presence makes you feel uneasy, don't dismiss it as being silly or paranoid. That feeling is your internal alarm system."



Act on Your Instincts..If its feels Wrong its is Wrong

If you feel uncomfortable, move. Change your seat, move to a different part of the bus, or get off at the next stop and wait for the next service. Your safety is more important than being polite or feeling awkward.

Create Distance & Use Technology Safely

Space is your friend. If someone invades your personal space, you have the right to reclaim it.



Move Away

If you feel threatened, move. If they follow, at least you now know you are under threat.



Use a Barrier

Place your bag or a book on the seat next to you, or hold it in front of you as protection.



Speak with intent

Use a loud, firm voice. Say "LEAVE ME ALONE" or "STOP". This shows you're not a passive victim and draws attention.

Use Technology Safely

Your phone can be a distraction, but it's also a powerful safety tool.



Share Your Journey

Use Google Maps' "Share trip progress" feature or text a friend your bus/train details and estimated arrival time.



Emergency Contacts Ready

Know how to quickly call for help. Some phones have an emergency SOS feature activated by pressing a button multiple times.



Know Emergency Numbers

Know the emergency numbers for the transport system you are using.

Be Mindful of Transitions & Have a "What If" Plan

The moments when you are getting on and, especially, getting off public transport are key transition points.

Scan Before You Exit

As you approach your stop, look out the window to see who is waiting there.



Don't Be Followed

When you get off, be aware of who gets off with you.

Your Last Resort Plan

This isn't about being paranoid; it's about being prepared. Mentally rehearsing a plan makes you more likely to react effectively under stress.

“

Know Your Last Resort

If you are physically grabbed, your goal is not to win a fight but to escape. The instant you are touched, react. Shout, and attack vulnerable targets—eyes, throat, groin—with whatever you have (keys, elbows, knees) to create the shock and opportunity to break free and run. The element of surprise is your greatest asset.

”

By integrating these tips into your daily routine, you can significantly reduce your risk and travel with greater confidence and peace of mind. Stay aware, stay prepared, and stay safe.

Learn to Protect Your Self...

Krav Maga Ireland provides Real World Self defence training to help everyday normal people to learn how to protect themselves fast.