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Safety Break: Tips for Spring Break Safety and Security

Safety Measures for Students and Others to Enjoy Spring Break

SANTA ANA, California (April 9, 2009) – Universal Protection Service, the largest provider of security services to the commercial real estate market in Southern California and one of the nation's top 10 largest uniform protection companies, has compiled a list of items to consider when planning and enjoying your Spring Break.

- **If you are driving**, check out all belts, hoses, fluid levels and tires on the car; pack emergency provisions and tools, such as a first aid kit, flashlight, water and snacks; make sure someone stays awake with the driver at all times
- **Ask for hotel rooms** above the 1st floor and below the 6th, to limit easy break-ins and stay within reach of fire ladders; always lock your door and use the peephole. Don't leave valuables in your room and never overcrowd elevators, climb on balconies or sit on railings
- **Use the ATM** in groups during daylight hours; be alert and use caution when punching in your pin number
- **While drinking**: Be responsible, pace yourself, and avoid hard alcohol or other powerful drinks with fast effects; remember that drunks = easy targets; always be aware of the symptoms of alcohol poisoning. Drinking on the beach can equal a bad sunburn and a bad hangover; so take it slow and stay hydrated. Drinking while swimming can be a deadly combination; minimize risks by swimming in groups where there are life guards. Drinking and hot tubs combine the risks of the sun, heat and swimming; the effects of alcohol are felt sooner and stronger in a hot tub

***FACT:** According to a University of Wisconsin study, 75 percent of college males and 43 percent of females reported being intoxicated on a daily basis during spring break.*

- **Always carry your ID**: remember to bring your driver's license and another set of photo identification, as well as your health insurance card, allergy bracelets and emergency contact information. If you're leaving the country, bring your passport, don't pack flashy jewelry and dress conservatively
- **Use the buddy system**, there is safety in numbers. Go out with your friends, go home with your friends
- **Cruises can be fun** and while there are a whole set of additional safety and security rules for ships, the buddy system still prevails, so stick with your friends and watch your pockets on and off the ship

About Universal Protection Service

Founded in 1965, Universal Protection Service combines an innovative mix of tradition with cutting edge systems and technology to keep pace with the ever-evolving needs of today's business environments. Headquartered in Santa Ana, Calif., with offices located throughout Arizona, California, Colorado and Washington, Universal employs hands-on, highly experienced management teams and continuous training to deliver consistent, high quality security solutions. Universal Protection Service is a division of **Universal Services of America**, which also includes Universal Building Maintenance, Universal Protection Security Systems and Universal Fire/Life Safety Services (PPO# 14417). Visit our website at: <http://www.universalpro.com>.