

## S STUDYING SAFETY

### 1 DID YOU KNOW?

On average, students in post-secondary institutions spend between 30 to 60 hours studying per week.

Studying requires intense focus and it is easy to forget that the environment around us does not pause and is always changing. It is important to stay alert, even when studying.

### 2 YOU CAN PREVENT THIS!

You can prevent an unfortunate circumstance from occurring if you:

- Avoid studying in isolated areas. Instead, use designated quiet / study spaces across the campus.
- Do not study in stairwells, near doorways, or locker alcoves, as these may present fire safety concerns.
- Limit the use of personal stereo systems or headphones that could cancel important noise that would alert you to any danger.
- Make note of the nearest emergency phone and exit wherever you are.

### 3 NOW WHAT?

If you suspect there is suspicious activity in the area, you may report it on the **Seneca Safe App** or in person.

If an emergency announcement is made, make sure to pack your items and follow directions as required.

*Download the Seneca SAFE APP today!*



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