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"Personal Protection Issues"

By Gary L. Cunningham, C.P.O.

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"Personal Protection Issues"

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In today's society one never knows what may happen to your safety. Therefore you should follow some simple rules to help protect yourself from a possible situation that you could be harmed by. Now everyone knows that you can not protect yourself 100% of the time. But you can follow simple guidelines that will give you a fighting chance if something does go wrong.

1. Always stay alert to your surroundings. Know who is around you and what they may be doing in your area.
2. When leaving stores, work or home, look around, see who is nearby, look confident and the criminal will usually look for another target that is not paying attention.
3. Have your keys already out before you get to the car. Fighting with packages, kids and keys at the car is an invitation to distraction, then you become a likely target.
4. Don't give blind trust to a stranger for any reason.
5. If you see something that doesn't seem right, it probably isn't, go a different way to avoid the situation.
6. If it is suspicious to you, then report it to the police and have it checked out, don't wait to be a victim.
7. Take a protection course for you and your family. There are a number of good ones out there. I recommend CDTM, Training For Life™ or a good martial arts program that you are interested in.
8. Keep doors locked when your home, keep the curtains closed so the criminal can not see what you have inside from the street.
9. Make sure your lighting is adequate around you home and in use.
10. Landscaping can be nice or it can hide a criminal, check it out and make necessary adjustments to

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eliminate hiding spots.

These are just a few ideas on how to keep you and your family safer in these troubles times. There are several other ways to get personal protection issues under control. But you have to know about them before you can plan for them.

There are several books and organizations out there to help you be safer, use them. Even your local police department can give you the right advice. You are ultimately responsible for your safety, think before you do and act accordingly with the information you gather.

Children are the most important thing we have and yet we very seldom train them on how to be safe while they are out in the public eye. You need to start training your children to be safe before they

become a victim and you need this also. Waiting to become a victim and then saying you should do something is asking for more trouble than you need.

www.cdt-training.com and www.trainingforlife.tv will help give you some information on training to keep you safe, martial arts can be found in your local phone book. Take action now or become a victim and pay the price, it is up to you and know one else as to if you become safer or not!

Gary Cunningham is a Certified Protection Officer with over 30 years experience in High Risk Security, Law Enforcement Special Operations, Specialized Training and Military Special Operations. For more information on his services to business owners, check out www.cmbizinfo.com or e-mail him at <mailto:secuone@aol.com>!

Resolve to Create Your Legal Protection Plan this New Year

By Ken Sink

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Make your New Year Resolution to create a legal protection plan for your business. What is a legal protection plan and why should I have one?

Glad you asked.

First, to answer why, consider this: one out of four small businesses have been sued or threatened with a lawsuit in the last 5 years. My former employer, a small business, was sued three times in six months.

You are almost three times more likely to end up in court than in the hospital, according to figures from the National Center for State Courts and the American Hospital Association.

You need a legal protection plan to protect your business from the people circling over your

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neighborhood like buzzards over a dying man. They're looking for someone to sue.

Want proof? A new civil lawsuit is filed every two seconds, according to the National Center for State Courts.

A legal protection plan is a way to reduce the likelihood of your business being sued, or if sued, to reduce the damage to your business.

Part of a legal protection plan is periodically checking to make sure you are not breaking the law in your dealings with employees, suppliers and customers.

Does your business form protect you or expose you? Consider the form of business ownership you used when setting up your business. That is also part of a legal protection plan.

For example, did you know, if your business is a sole proprietorship, everything you own, even your personal property, is 'up for grabs' if your business is sued?

Rely upon your attorney to help you develop your legal protection plan.

Another part of creating your plan should be to isolate your business assets from your personal assets. However, be careful whose advice you take in asset protection plans, especially if those giving advice stand to gain financially from you.

Having a legal protection plan is not mentioned often in 'how to start a business' books, but given the extent of lawsuit abuse in America today, it should be an essential part of every business.

Go ahead, start today.

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Ken Sink is the author of the FREE eCourse: "How to Protect Your Business from Plundering Attorneys and Devastating Lawsuits." Sign up at <http://www.howtoprotectyourbusiness.com>.

See how to save 25 percent or more on all your attorney fees. Know how to protect yourself when it's your word against theirs. Learn how to legally hide your assets. Find out how to make your business an 'unfavorable' target for attorneys and their clients. See for yourself how frivolous lawsuits are rampant in our society. Avoid the legal mistakes business owners make when starting a new business. Discover quick and easy steps to bring your business's policies and procedures into compliance and reduce your risk at the same time.

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