

# GENERAL SAFETY GUIDE FOR JOURNALISTS

## 1 KNOW THE LOCAL LAWS AND REGULATIONS:

Familiarise yourself with the local laws and regulations related to journalism and media in the area you are covering.

## 2 RISK ASSESSMENT:

Before going to a potentially risky location or situation, conduct a thorough risk assessment. Consider the potential dangers and plan accordingly.

## 3 TRAINING:

Ensure that you and your team have received proper safety training, including first aid, conflict resolution, and situational awareness.

## 4 PROTECTIVE GEAR:

Use appropriate safety gear such as helmets, bulletproof vests, and gas masks when covering dangerous events.

## 5 EMERGENCY CONTACTS:

Always share your location and itinerary with your manager. Have a reliable means of communication, such as a satellite phone or a two-way radio.

## 6 SECURE TRANSPORTATION:

Use reliable and secure transportation options. Ensure that your vehicle is well-maintained and equipped for emergencies.

## 7 LOCAL CONTACTS:

Establish contacts with local authorities, security personnel, and other journalists in the area. They can provide valuable information and assistance.

## 8 AVOID CONFRONTATION:

Do not engage in confrontations with hostile individuals or groups. Maintain a low profile and avoid drawing unnecessary attention to yourself.

## 9 DIGITAL SECURITY:

Protect your digital data by using strong passwords, encryption, and secure communication tools. Be cautious when sharing sensitive information online.

## 10 HEALTH PRECAUTIONS:

Carry necessary medical supplies and medications. Stay up-to-date on vaccinations and health precautions specific to the region you are covering.

## 11 CRISIS MANAGEMENT PLAN:

Develop a crisis management plan that includes procedures for evacuation, medical emergencies, and communication in case of a dangerous situation.

## 12 CULTURAL SENSITIVITY:

Respect local customs and traditions. Be mindful of cultural sensitivities, as they can affect your safety and acceptance by the community.

## 13 CONFLICT DE-ESCALATION:

Learn conflict de-escalation techniques to defuse potentially volatile situations. Avoid taking sides or making provocative statements.

## 14 LEGAL SUPPORT:

Know your legal rights as a journalist, including the right to access information and freedom of the press. Seek legal assistance if necessary.

## 15 MENTAL HEALTH:

Reporters often witness traumatic events. Prioritise your mental health, and seek counselling or support if you experience emotional distress.

## 16 INSURANCE:

Ensure you have adequate insurance coverage, including health, life, and equipment insurance, to protect yourself and your assets.

## 17 CONTINUOUS LEARNING:

Stay informed about current safety practices and evolving risks. Attend safety workshops and training sessions regularly.

## 18 TRUST YOUR INSTINCTS:

If a situation feels unsafe or uncomfortable, trust your instincts and consider leaving the area or seeking assistance.

\* Remember that safety should always be a top priority. Being prepared and vigilant can help mitigate risks and ensure that you can continue reporting the news safely and effectively.