



PEPPER SPRAY HOW TO

Q: How Do I Use Pepper Spray?

A: Every pepper spray we recommend has a safety mechanism of some sort. Please do not buy one that doesn't. This includes many pen and lipstick sprays, which also incidentally do not allow you to feel the direction the spray will shoot in. The safety mechanism on a well-designed model will automatically let you know where to aim the spray. Under duress, it is very important to be able to use it quickly. Since each model has a slightly different safety mechanism, please consult the packaging for details.

So The Steps To Be Practiced Are:

1. **Access your spray** either from your pocket, purse or stroller. Make it easy to get to!
2. **Release the safety.** You need to know the safety on your product since they are different on nearly every model.
3. **Fire spray horizontally**, just above an assailant's eyes. In windy conditions shield your own or child's face if possible.
 - a. Or **another recommended method is to spray from low (purse level) to high** without raising your hand and telegraphing to your attacker that you are about to do something. This requires practice. Which means you will need to buy a refillable model along with the inert refills which spray at the same rate and distance as the hot inserts. The safety inserts are usually saline. So you can have fun with your relatives! Don't give anyone a heart attack though!

Q: When Do I Carry Pepper Spray?

A: The idea is to be prepared. If you don't carry it with you it won't work! Keep pepper spray in your pocket, purse, Velcro it to the handle of your stroller, tuck it into your Mby wrap!, etc. Carry it in your hand whenever you are alone or in any danger zone, like a garage or elevator, even during the day. Carry it at night or anytime you are jogging.

Again, avoid dangerous, poorly lit or isolated areas. Travel with others. Let people know where you are and when to expect you.

Tip:

If you are tending to kids in carriers or in a stroller, make sure your pepper spray is accessible to you, but not to your toddler or baby! It is unlikely they will be able to unlock the safety, but better safe than sorry. And if there is any residue on the container and they get it in their eyes,

you are in for the tantrum of all tantrums and possibly a trip to the doctor in the case of a child under 6 months old.

Q: When Do I Use Pepper Spray?

A: You should use your pepper spray if you or your child feel threatened and cannot simply leave the area. Leaving is always preferable, but if it is not an option you must defend yourself.

Q: What Do I Do if get Pepper Spray on me?

A: Remove contaminated clothing. In case of skin contact, flush with water and soap for 15 to 20 minutes. Do not use creams or oils. In case of eye contact, flush thoroughly with water or milk. Discard contact lenses.

Q: How should I think about Pepper Spray? As a weapon? A deterrent?

A: The best way to use pepper spray is as a reminder to be aware so you never have to use it at all. Lean on it as a last resource and use your mind to keep you safe the rest of the time. Your mind is your best protector and your greatest weapon against criminal behavior.

You can find lots more on Awareness, De-escalation, Safety Games you can play with your kids, when you subscribe to DeviNews at www.DeviProtectiveOffense.com.

You can also purchase inexpensive Mp3s, DVDs and CDs that cover the most urgent aspects of self defense, what we call Protective Offense...

Protective Offense is the study of dealing with adversity, of high-speed problem solving, of projecting and reaching goals. It is the study of disarming bad situations, of turning bad to good or at least to better, of survival, of perseverance and awareness, of dynamic rather than passive living.

Preparing for life-threatening emergencies wakes up a part of our brain we rarely use, sharpens thought processes and prepares us for all manners of adversity.

The issues it is necessary to cover in order to become fluent in the language of safety will make you more effective in any situation that requires you to make split second decisions with lasting ramifications.

The thing about violence is, it is somehow a microcosm for everything we do. It is so much a part of our world that understanding it opens up the universe. A person who understands violence is at liberty to see it before it occurs and to make choices.

Understanding violence is the secret to living with less fear, the secret to freedom and relaxation.