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# SAS

# URBAN SURVIVAL HANDBOOK

HOW TO PROTECT YOURSELF AGAINST TERRORISM,  
NATURAL DISASTERS, FIRES, HOME INVASIONS, AND  
EVERYDAY HEALTH AND SAFETY HAZARDS

**JOHN "LOFTY" WISEMAN**  
FOREWORD BY DON MANN

John "Lofty" Wiseman and

## SAS Urban Survival Handbook: How to Protect Yourself Against Terrorism, Natural Disasters, Fires, Home Invasions, and Everyday Health and Safety Hazards



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John “Lofty” Wiseman may be the author of the bestselling SAS Survival Handbook, the definitive guidebook to survival in the wild from Britain’s Special Air Service. Today he offers compiled the complete information to surviving among throngs of people, the mazes of office buildings, the dangers of an unfeeling town?put simply, how to remain safe in the urban jungle.Thousands of preventable fatalities occur in the home every 12 months?more than on the roads, more than in the wild. Add to this the dangers of moving through town streets (the threat of rape, muggings, and gang violence) and the menace of natural disasters (floods, earthquakes, blizzards) that can’ t be avoided. Household chemicals, electricity, cooking knives, and rodent poisons?in the wrong hands and with improper usage, these day-to-day resources bring danger to your home. From self-defense ways to home security systems to dealing with natural disasters, this book teaches readers to recognize danger, make quick decisions, and live confidently in the modern world.The SAS Urban Survival Information advises readers to think practically about urban environments and offers tips and instructions on how to avoid hazards wherever one goes. Every day serves as a constant reminder: The world is actually a frightening place.



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