

Safety tips

On campus

- Approach a security officer at any time; they are there to help.
- Close access doors behind you.
- If you need to step away from your bag or backpack briefly, ask a friend or someone you trust to look after it or, better still, take it with you.
- Keep a record of serial numbers of valuable items, such as your laptop, in case of theft.
- Use the blue walking route (this is close to emergency phones and surveillance) whenever possible.

At home

- Check that your doors and windows are locked when you leave your room.
- Keep your keys safe. Don't hide them in obvious places (like under the doormat) and don't put your address on your keyring.
- Take your valuables home during the holidays.

Out and about

- Walk with friends, especially if you're out at night or walking on the mountain or in a secluded area.
- Save emergency numbers on your phone.
- Take only as much cash as you need, and keep your wallet somewhere safe and out of view (not in your back pocket).
- Keep your cellphone out of sight.


In fire emergencies

- Raise the alarm and call CPS.
- If you're staying in residence, inform the warden.
- Follow the building evacuation procedure.
- Contain the fire if you can do so without endangering yourself. If not, rather wait for a CPS officer to arrive.

In medical emergencies

- Call CPS.
- If you don't have first aid training, rather wait for a CPS officer to arrive.
- If you're staying in residence, get in touch with the warden and a health and safety representative.

Your wellness

 **CALL 021 650 1017/1020**

Taking care of your health and well-being is an important part of taking care of yourself and your safety. Here's how UCT can help.

Student Wellness Service

The Student Wellness Service offers a comprehensive primary healthcare service through which any student can make an appointment to see a nurse, doctor, psychologist or social worker.

Some of the available services

- 1 Appointments to see either a doctor or a nurse – they can also help with minor surgical procedures. (Arrive 10 minutes early for appointments for registration purposes.)
- 2 Support for chronic conditions like asthma, diabetes and tuberculosis
- 3 HIV testing and counselling, medication for STIs, and basic contraceptives – available free of charge
- 4 Psychological services to help with anxiety, depression and emotional distress, or relationship and sexuality issues – referrals will be made if you need more specialised support
- 5 Free screening and advice at the clinic on upper campus – you can see a nurse on a walk-in basis
- 6 Medication is sold at cost price – no dispensing fees apply

Where?

In the Ivan Toms Building at 28 Rhodes Ave, Mowbray. There is also a clinic on upper campus on Level 6 of the Steve Biko Students' Union building.

When?

Mondays to Fridays from 08:30 to 16:30 (last booking at 16:00).

What to bring?

Please take your student card as well as any other supporting documentation you might need (like proof of your financial aid status).

If you are on a Student Wellness waiting list or are waiting for an appointment and need support, contact the UCT Student Careline.

UCT Student Careline

UCT, together with the South African Depression and Anxiety Group (SADAG), offers 24/7 telephonic counselling, advice, referral facilities and general support to students facing any mental health challenges or contemplating suicide. The line is also available to offer support and advice to anyone who is concerned about a student who might be in distress. Contact the UCT Student Careline on **0800 24 25 26** (free from Telkom lines). You can also sms **31393** for a callback.



EMERGENCY NUMBER
Call the CPS 24-hour hotline
021 650 2222/3



10 Campus safety



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD



“Safety is far more than Campus Protection officers on patrol. It’s about community connection, looking out for each other, vigilance and awareness. It’s about knowing the people who live, work and study around you. When we say ‘take care’, we don’t just mean take care of yourself or be cautious. It’s about taking the time to take care of the people around you. It’s about knowing your surroundings and taking active steps towards making them safe. Report any suspicious activity, alert your community, avoid unsafe areas and travel in numbers. That’s how we keep UCT as safe as possible.”

ROLAND SEPTEMBER

Acting Executive Director: Properties and Services



Did you know?

The Jammie Shuttle offers a scheduled service during the week from 07:30 to 18:00. After hours, it runs a service to and from the residences every half hour (Monday to Thursday from 18:30 to 01:00 and on Fridays from 18:30 to 22:00). When the Jammie Shuttle stops running at night, CPS will escort staff and students on foot to their residences if requested. Keep in mind that there may be delays in this service if CPS officers are attending to other issues.



UCT Disability Service

If you have a disability and need help getting around campus safely, contact the Disability Service on 021 650 2427 or Pearl.Tukwayo@uct.ac.za students.uct.ac.za/students/support/disability-service

Your safety

CALL 021 650 2222/3

Your safety matters. Protect yourself and those around you by familiarising yourself with the safety and wellness services at UCT and asking for help when you need it.

Campus Protection Services

At any one time, 80 Campus Protection officers are on duty and can help you, no matter where you are on campus. Officers operate on foot, in marked cars, on bicycles and on two-wheeler scooters around the clock. They are also trained to deal with the practical and legal aspects of any situation that may arise.



CPS monitors 300 cameras on campus at all times and runs seven mobile kiosks and six permanent security centres at strategic points. CPS offices can be found at:

- 1 **Burnage House (adjacent to Leo Marquard Hall)**
021 650 2222/3
- 2 **Upper campus (Robert Leslie Social Sciences Building)**
021 650 2121
- 3 **Middle campus (Kramer Building)**
021 650 5759 / 021 650 3022
- 4 **Medical campus (Barnard Fuller Building)**
021 406 6690 / 021 406 6100
- 5 **Forest Hill residence (Main Road, Mowbray)** 021 650 3856
- 6 **Hiddingh campus (Orange Street, Cape Town)** 021 406 7101



Important numbers



(cut out and keep)

Emergency number

CPS 24-hour hotline 021 650 2222/3

UCT services

UCT Student Careline 0800 24 25 26
(free from Telkom lines)
SMS (for a callback) 31393
Disability Service 021 650 2427
Student Wellness Service 021 650 1017/1020

Cape Town emergency hotlines

From a Telkom landline 107
From a cellphone 021 480 7700

Police

Flying squad 10111
Rondebosch 021 685 7345
Mowbray 021 680 9580
Woodstock 021 442 3117/21
Cape Town Central 021 467 8000/1/2

Rape Crisis hotline

021 447 9762

Rescue

Mountain 021 948 9900
Sea 021 449 3500