

Five Deadly Sins of Dog Encounters

1. Never run from or turn your back on any dog
2. Don't trust the owner
3. Don't stand still face to face during a threat
4. Don't pet or trust any dog
5. Don't go to work mentally unprepared

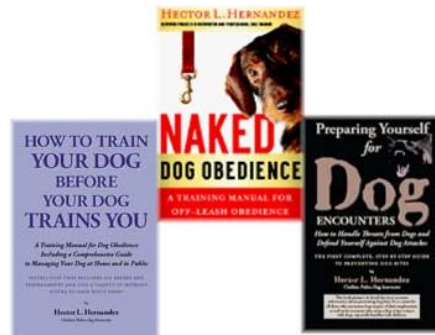


Hector Hernandez is a dog trainer and an author, his training methods were developed by him using dog and human body language. He has a gift for training some of the most difficult dogs and people. Problem solving is his expertise and he brings passion and dedication to his teaching.

As a paid trainer for companies and police departments, Hector educates with his ability to read a dog's body language. He trains K-9s on how to be aggressive for police work, and he teaches individuals how to protect themselves from the simplest encounter to the most dangerous attack.

Hector regularly conducts obedience classes and offers one-on-one personal training. For over 20 years, he has been training dogs ranging from your average household pet to police K-9s.

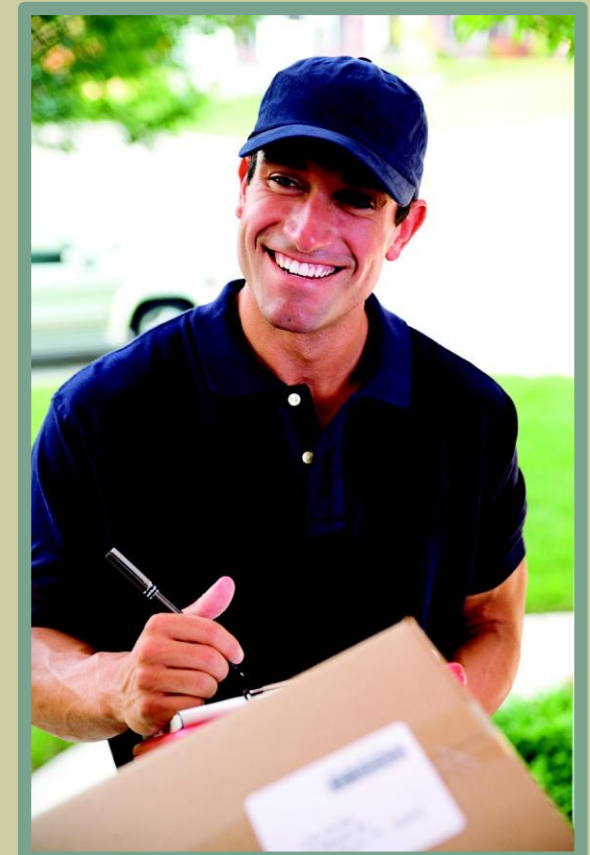
His training demonstrations are informative and entertaining. He knows his material, and has an uncanny ability to teach it to his audience. There may be others out there who train dogs and conduct dog bite prevention demonstrations, but no one can compare to Mr. Hernandez.



Any questions or to schedule a demonstration contact:
Hector L. Hernandez
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Letter Carriers

Preparing Yourself for Dog Encounters



When Arriving at a Location "Scan Area"

- Check for "Beware of Dog" signs
- Check for doghouse, chains, bowls, waste
- Check for worn track around fence
- Dogs tied up "caution" Listen for chain
- Shake fence before entering

When Inserting Mail in Mailbox

Keep your body sideways so your back is not exposed and be alert, the noise made when closing the box may signal to the dog you are there.

If Owner is Present

- Insist the dog be placed in a secure area "I NEED" Don't ask, tell them
- Kids – Be very careful, they may not have control or know safety precautions, and dog may be over protective of kids present

When Owner is Answering Door or Door is Insecure

- Be ready to control door using hands or feet
- If more than one dog escapes out, place your back to an object
- Don't count on the owner to control the dog
- If no one is present and door is insecure use discretion

Package Delivery

- Have them come to you so the dog invades your territory
- Have them take the package while you hold the package close to you, then have them leave first
- If the dog becomes aggressive, have them stop

Dogs Confined by an Underground Containment System

Don't rely on it to successfully secure the dog. Dogs can work themselves into such an aggressive state that they break through the boundary, numb to the shock, to attack you

You are Responsible for Your Safety

- You have the right to refuse delivery, but you must articulate why so the owner is aware and accountable
- If applicable send letter to tenant and landlord
- Send letter before you're attacked, articulate body language that may lead to an attack

Defending Yourself Against a Dog Encounter

- Do not run; you will only surface the dog's instinct to bite
- Face the dog and move backwards slowly. This allows the dog to keep face and you safe. Win - win encounter
- Keep your eyes on the dog at all times
- Give common commands using a firm voice (Stay! Sit! Down!)
- Remain calm and confident by taking deep breaths
- If cornered, place your back to a wall and wait until dog loses interest
- If the dog continues to come forward, do the following

Present a Continuously Moving Target

- As the dog is running toward you, walk backwards and sideways, moving something in front of the dog: satchel, hat, shirt, sweater
- If the dog bites object, use repellent spray or strikes
- If bitten don't pull away, to prevent deep lacerations

How To Use Dog Repellent Spray

- Spray the dog aiming for the face, do this while moving backwards. The most vulnerable areas are the nose and mouth
- Use your weak hand to spray and your strong hand to block the wind from your face or ready to use strikes

Protecting Yourself by Giving Strikes

You have the right to protect yourself without the risk of legal ramifications.

- Knee or kick the dog in the chest
- Punch or chop downwards to the back of the neck, just below shoulders
- Give an uppercut to the chin or throat

Pack of Dogs

Dogs feel more confident in numbers, and will circle you to attack from behind, so keep your back to a wall and be ready to use strikes.

Ambush Behavior

When arriving at the same time dogs learn the element of surprise, which they will use to bite you.

Territorial (Uniform) Aggression

A dog in a house or yard has, in its mind, won all challenges. After all, its barking scares you away since you leave after completing your delivery on foot or driving.

The Treat Myth

The dog will have a positive response when people, in uniform or not, enter the property. The problem arises when strangers confuse the dog's friendly approach for aggression and either spray, hit or shoot it.

Understand a Dog's Body Language to Interpret a Threat

Friendly Body Language

- Total body wiggling, relaxed
- Mouth opening and closing, relaxed
- Play behavior - bouncing with total body wiggling

Potentially Threatening Body Language

- Mouth tensed when closed
- Dog circling you, keep your eyes and body facing dog at all times
- Could be barking or silent, some breeds don't warn you of an imminent attack

Dangerous Body Language

- Total body stiff, hackles may rise
- Direct eye contact that becomes tunnel vision
- Barking and not moving, teeth could be showing
- Tail is wagging, dog could be happy to bite you
- Fast direct approach then running away

Fearful Dog Body Language (unpredictable)

- Dog's head turned but still looking at you
- Circling you from a distance and looking back and forth
- Tail tucked between legs
- Eyes wide open
- May be lying down or running away waiting for you to turn your back so it can bite you

Mental Preparedness

Making decisions before you are attacked. This will make your reactions subconscious, reacting faster and calmer.