FULL EDITION

Risk and Safety Handbook.

Risk and Safety Handbook.

A full beginner edition on fraud patterns, domain discipline, wallet protection, approval review, device hygiene, and calm incident response when something feels wrong.

- Prepared by: Madeesh P. Nissanka
- Audience: New crypto users and self-directed operators
- Research basis: CFTC, Investor.gov, MetaMask safety guidance
- Format: Downloadable PDF full edition
- Length: 55 page layout

DISCLAIMER PAGE

Important educational and legal notice

Important educational and legal notice

Good safety practice reduces risk, but it does not eliminate it. This handbook is educational only and is not a substitute for professional advice or official support.

1. Madeesh P. Nissanka is not a financial advisor, security consultant, legal adviser, or licensed support professional.
2. This material does not guarantee safety, recovery of funds, successful fraud prevention, or profit.
3. Wallets, exchanges, apps, and networks can all carry technical and human risk.
4. Readers must independently verify official domains, support channels, and transaction prompts before acting.
5. No reader should ever share a Secret Recovery Phrase, private key, or sensitive authentication code with another person.
6. If funds, credentials, or devices may be compromised, readers should seek appropriate official and professional assistance.

GUIDE PAGE

Risk and Safety Handbook.

Full chapter map

The focus is operational protection, not fear marketing.

- 01 - Fraud patterns - Guaranteed-return language, urgency, and fake authority.
- 02 - Domain discipline - Official links, lookalikes, and support impersonation.
- 03 - Wallet safety - Recovery phrase handling, burner wallets, and separation.
- 04 - Approval awareness - Why contract permissions matter even after the transaction ends.
- 05 - Device hygiene - Extensions, browser separation, updates, and exposure control.
- 06 - Incident response - What to do when something feels compromised.

STUDY GUIDE

How to use the full edition

How to use the full edition

This manual is built to be read like a working playbook rather than a quick article. Use the chapter pages for the main teaching material, then use the added workbook pages to slow the process down and make the ideas operational.

The objective is not just to finish Risk and Safety Handbook.. The objective is to turn the chapter ideas into repeatable decisions, better record-keeping, and stronger verification habits.

1. Read the main chapter first and summarize the idea in your own words.
2. Pause after each chapter and complete the checklist and review pages.
3. Keep notes on any term, screen, or workflow that still feels unclear.
4. Re-check live platform, network, or market details against current official documentation before acting.

VERIFICATION

Public version and source-check standard

Public version and source-check standard

Outside material was used as research input only. The final manual text is original and should still be verified against current official sources before public release or real-world use.

- Date-check time-sensitive facts before publishing or selling the manual.
- Compare public claims against official documentation, regulator guidance, or primary-source education pages.
- Keep a record of the sources used for each major claim so the public version can be double-checked later.
- If a platform workflow, fee model, network label, or contract process changes, update the relevant chapter promptly.

  This double-check standard is part of the product, not an afterthought. The cleaner the verification process, the safer the public-facing manual becomes.

CHAPTER 1

Fraud usually starts with language before it reaches your wallet

Fraud usually starts with language before it reaches your wallet

CFTC and SEC fraud alerts warn about high guaranteed returns, low-risk promises, and complicated language that makes an offer hard to understand. Those signs matter because the scam often begins long before any transaction is signed. It begins when the victim is trained to suspend skepticism.

If the pitch relies on urgency, secrecy, or certainty, slow down. If the reward is framed as easy and the explanation is strangely hard to understand, slow down even more.

Desk Note

Hard-to-understand language plus a promise of upside is not sophistication. It is often the opening move of a fraud.

Fraud usually starts with language before it reaches your wallet: briefing page

Fraud usually starts with language before it reaches your wallet: briefing page

Chapter 1

Inside Risk and Safety Handbook., this chapter functions as an operating layer. The goal is not only to understand the idea conceptually, but to know how it changes the way a real decision is made.

Desk Note

Focus question: If this chapter were the only reference on the desk, what would still need to be verified before you acted?

CFTC and SEC fraud alerts warn about high guaranteed returns, low-risk promises, and complicated language that makes an offer hard to understand. Those signs matter because the scam often begins long before any transaction is signed. It begins when the victim is trained to suspend skepticism.

Fraud usually starts with language before it reaches your wallet: operating checklist

Fraud usually starts with language before it reaches your wallet: operating checklist

Use this page to slow the process down. A chapter becomes useful when it can be converted into a checklist that still works under time pressure.

1. Restate fraud usually starts with language before it reaches your wallet in plain language before taking any action.
2. Identify what must be verified first when working through this chapter in practice.
3. Write down the one decision error most likely to appear if this step is rushed.
4. Translate the idea into a repeatable checklist rather than a one-time guess.
5. Keep screenshots or notes if the chapter involves any live tool, chart, wallet, or platform flow.

Fraud usually starts with language before it reaches your wallet: failure map

Fraud usually starts with language before it reaches your wallet: failure map

Most beginner losses do not come from missing one hidden secret. They come from repeating ordinary mistakes around process, verification, or impatience.

- Reading fraud usually starts with language before it reaches your wallet once and assuming the process is now fully understood.
- Moving from theory to execution without documenting the exact steps.
- Ignoring verification because the interface or market setup looks familiar.
- Letting speed, confidence, or social pressure replace structured review.
- Failing to revisit the chapter after something in the real workflow changes.

  If one of these errors appears while working through fraud usually starts with language before it reaches your wallet, pause the workflow and rebuild the checklist before proceeding.

Fraud usually starts with language before it reaches your wallet: scenario lab

Fraud usually starts with language before it reaches your wallet: scenario lab

Scenario: a beginner reaches the fraud usually starts with language before it reaches your wallet stage and feels pressure to move quickly because the setup looks obvious on the surface.

A better response is to slow the sequence down, compare the chapter logic to the live setup, and confirm that the public explanation, the platform view, and the actual prompt or chart all line up.

If anything about the live situation feels harder to explain than the chapter itself, that is a signal to stop and verify rather than improvise.

Fraud usually starts with language before it reaches your wallet: review questions

Fraud usually starts with language before it reaches your wallet: review questions

Use these questions after reading the main chapter. If the answers are vague, the chapter should be reviewed again before it is treated as operational knowledge.

1. What is the core operating idea behind "Fraud usually starts with language before it reaches your wallet"?
2. What needs to be verified before the chapter guidance is used in the real world?
3. What are the two most common errors a beginner could make here?
4. How would you explain this chapter to someone with no technical background?
5. What note or checklist would make this chapter easier to execute correctly next time?

CHAPTER 1 WORKBOOK

Fraud usually starts with language before it reaches your wallet: worksheet

Fraud usually starts with language before it reaches your wallet: worksheet

This worksheet turns the chapter into a written process. Completing it is often more useful than simply re-reading the explanation.

- Write a one-sentence summary of fraud usually starts with language before it reaches your wallet.
- List three actions that should happen before execution.
- List the main failure signal that would tell you to stop and re-check the process.
- List one official source you would verify before using the chapter in public.

Worksheet notes

Fraud usually starts with language before it reaches your wallet: verification notes

Fraud usually starts with language before it reaches your wallet: verification notes

Before a public version of this chapter is published or sold, the operational details should be checked one more time against official documentation or primary-source guidance.

- Mark the date when fraud usually starts with language before it reaches your wallet was last verified.
- Record the official source that confirmed the current workflow or concept.
- Note any differences between the public explanation and the live product or market environment.
- Write down what would require a chapter update in the future.

Worksheet notes

CHAPTER 2

Domain discipline prevents many avoidable losses

Domain discipline prevents many avoidable losses

Users often land on malicious sites because they click links in direct messages, replies, or lookalike search ads. The safe path is to start from a known official source, store the verified domain, and compare it carefully before logging in or connecting a wallet.

1. Open official links from saved bookmarks or verified documentation.
2. Check the full domain, not just the page design or logo.
3. Treat surprise support outreach as suspicious by default.
4. When in doubt, disconnect first and verify through the official help center.

Domain discipline prevents many avoidable losses: briefing page

Domain discipline prevents many avoidable losses: briefing page

Chapter 2

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Users often land on malicious sites because they click links in direct messages, replies, or lookalike search ads. The safe path is to start from a known official source, store the verified domain, and compare it carefully before logging in or connecting a wallet.

Domain discipline prevents many avoidable losses: operating checklist

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Domain discipline prevents many avoidable losses: scenario lab

Domain discipline prevents many avoidable losses: scenario lab

Scenario: a beginner reaches the domain discipline prevents many avoidable losses stage and feels pressure to move quickly because the setup looks obvious on the surface.

A better response is to slow the sequence down, compare the chapter logic to the live setup, and confirm that the public explanation, the platform view, and the actual prompt or chart all line up.

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CHAPTER 2 WORKBOOK

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Worksheet notes

CHAPTER 3

Wallet safety begins with the recovery model

Wallet safety begins with the recovery model

MetaMask's safety messaging is direct: never share the Secret Recovery Phrase. That message is foundational because the recovery phrase or private key is effectively the root credential for the wallet. If another person acquires it, the wallet is no longer yours.

Separation also matters. A burner wallet for experimentation is different from a storage wallet that should rarely interact with unfamiliar applications.

Wallet safety begins with the recovery model: briefing page

Wallet safety begins with the recovery model: briefing page

Chapter 3

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Focus question: If this chapter were the only reference on the desk, what would still need to be verified before you acted?

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Wallet safety begins with the recovery model: operating checklist

Wallet safety begins with the recovery model: operating checklist

Use this page to slow the process down. A chapter becomes useful when it can be converted into a checklist that still works under time pressure.

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Wallet safety begins with the recovery model: scenario lab

Wallet safety begins with the recovery model: scenario lab

Scenario: a beginner reaches the wallet safety begins with the recovery model stage and feels pressure to move quickly because the setup looks obvious on the surface.

A better response is to slow the sequence down, compare the chapter logic to the live setup, and confirm that the public explanation, the platform view, and the actual prompt or chart all line up.

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Worksheet notes

Wallet safety begins with the recovery model: verification notes

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Worksheet notes

CHAPTER 4

Approvals can outlive the moment that created them

Approvals can outlive the moment that created them

Many users think risk only exists when they actively send funds. In reality, token approvals can remain in place after the original interaction. If the contract is malicious or later compromised, those permissions can become part of the attack path.

1. Read approval prompts with the same caution as send prompts.
2. Use separate wallets for higher-risk experimentation.
3. Review stale approvals periodically.
4. Do not normalize signing prompts you do not fully understand.

Approvals can outlive the moment that created them: briefing page

Approvals can outlive the moment that created them: briefing page

Chapter 4

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Approvals can outlive the moment that created them: operating checklist

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- Failing to revisit the chapter after something in the real workflow changes.

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Approvals can outlive the moment that created them: scenario lab

Approvals can outlive the moment that created them: scenario lab

Scenario: a beginner reaches the approvals can outlive the moment that created them stage and feels pressure to move quickly because the setup looks obvious on the surface.

A better response is to slow the sequence down, compare the chapter logic to the live setup, and confirm that the public explanation, the platform view, and the actual prompt or chart all line up.

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Approvals can outlive the moment that created them: review questions

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Worksheet notes

Approvals can outlive the moment that created them: verification notes

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Worksheet notes

CHAPTER 5

Device hygiene lowers risk by reducing accidental exposure

Device hygiene lowers risk by reducing accidental exposure

Wallet risk is not only about blockchain behavior. It is also about the browser, device, extensions, saved sessions, and software upkeep surrounding the wallet. A cleaner device environment reduces the number of ways a user can be tricked, intercepted, or confused.

Practical steps include reviewing installed extensions, keeping software updated, and avoiding unnecessary wallet use on shared or poorly controlled devices.

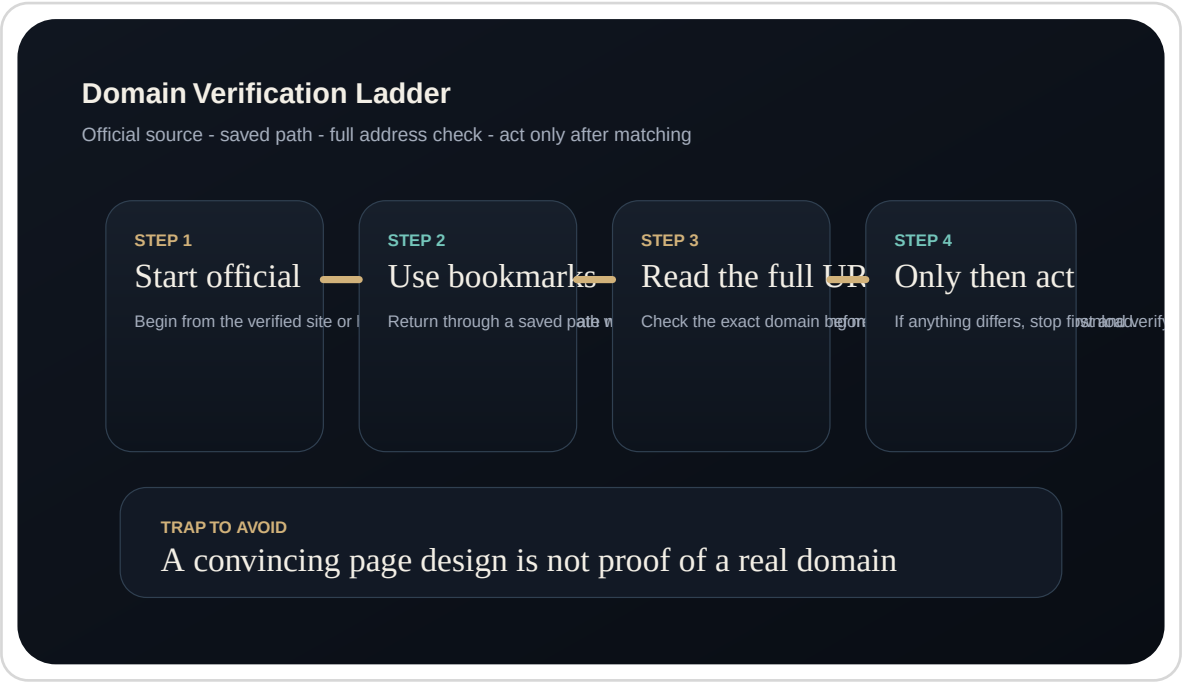

Figure B. Domain discipline should be a fixed operating path, not an improvised guess under pressure.

CHAPTER 5

Device hygiene lowers risk by reducing accidental exposure continued

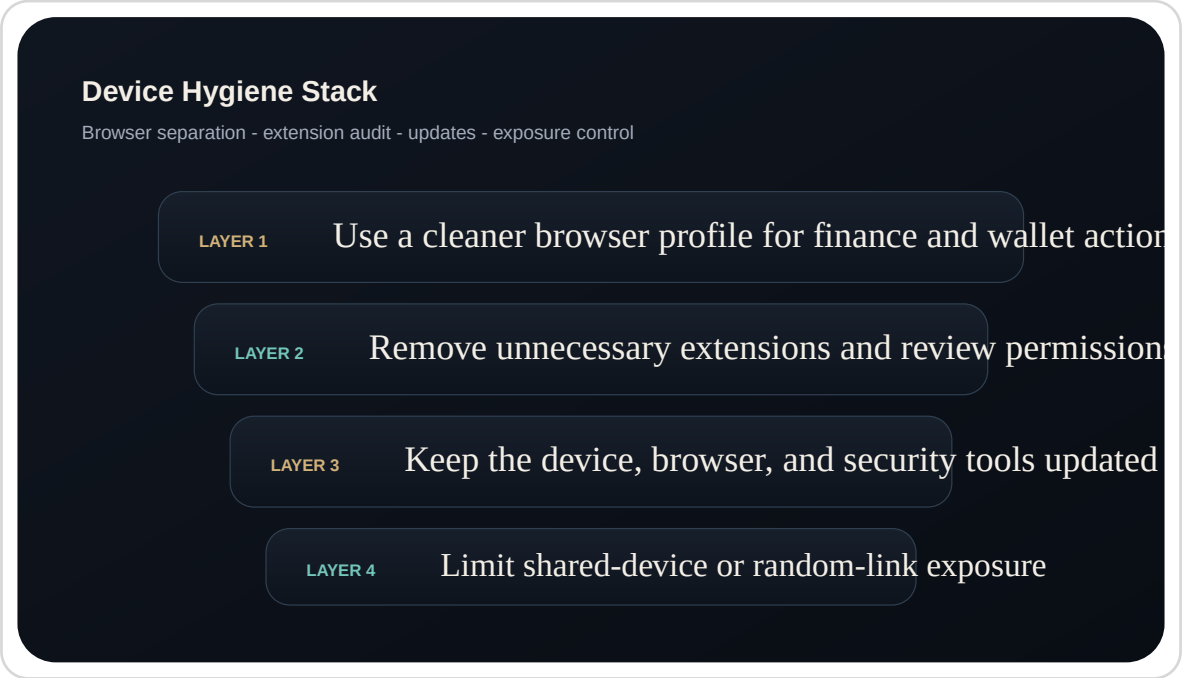

Figure C. Browser separation, extension review, and updates reduce the number of ways confusion turns into exposure.

Device hygiene lowers risk by reducing accidental exposure: briefing page

Device hygiene lowers risk by reducing accidental exposure: briefing page

Chapter 5

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Desk Note

Focus question: If this chapter were the only reference on the desk, what would still need to be verified before you acted?

Wallet risk is not only about blockchain behavior. It is also about the browser, device, extensions, saved sessions, and software upkeep surrounding the wallet. A cleaner device environment reduces the number of ways a user can be tricked, intercepted, or confused.

Device hygiene lowers risk by reducing accidental exposure: operating checklist

Device hygiene lowers risk by reducing accidental exposure: operating checklist

Use this page to slow the process down. A chapter becomes useful when it can be converted into a checklist that still works under time pressure.

1. Restate device hygiene lowers risk by reducing accidental exposure in plain language before taking any action.
2. Identify what must be verified first when working through this chapter in practice.
3. Write down the one decision error most likely to appear if this step is rushed.
4. Translate the idea into a repeatable checklist rather than a one-time guess.
5. Keep screenshots or notes if the chapter involves any live tool, chart, wallet, or platform flow.

Device hygiene lowers risk by reducing accidental exposure: failure map

Device hygiene lowers risk by reducing accidental exposure: failure map

Most beginner losses do not come from missing one hidden secret. They come from repeating ordinary mistakes around process, verification, or impatience.

- Reading device hygiene lowers risk by reducing accidental exposure once and assuming the process is now fully understood.
- Moving from theory to execution without documenting the exact steps.
- Ignoring verification because the interface or market setup looks familiar.
- Letting speed, confidence, or social pressure replace structured review.
- Failing to revisit the chapter after something in the real workflow changes.

  If one of these errors appears while working through device hygiene lowers risk by reducing accidental exposure, pause the workflow and rebuild the checklist before proceeding.

CHAPTER 5 WORKBOOK

Device hygiene lowers risk by reducing accidental exposure: scenario lab

Device hygiene lowers risk by reducing accidental exposure: scenario lab

Scenario: a beginner reaches the device hygiene lowers risk by reducing accidental exposure stage and feels pressure to move quickly because the setup looks obvious on the surface.

A better response is to slow the sequence down, compare the chapter logic to the live setup, and confirm that the public explanation, the platform view, and the actual prompt or chart all line up.

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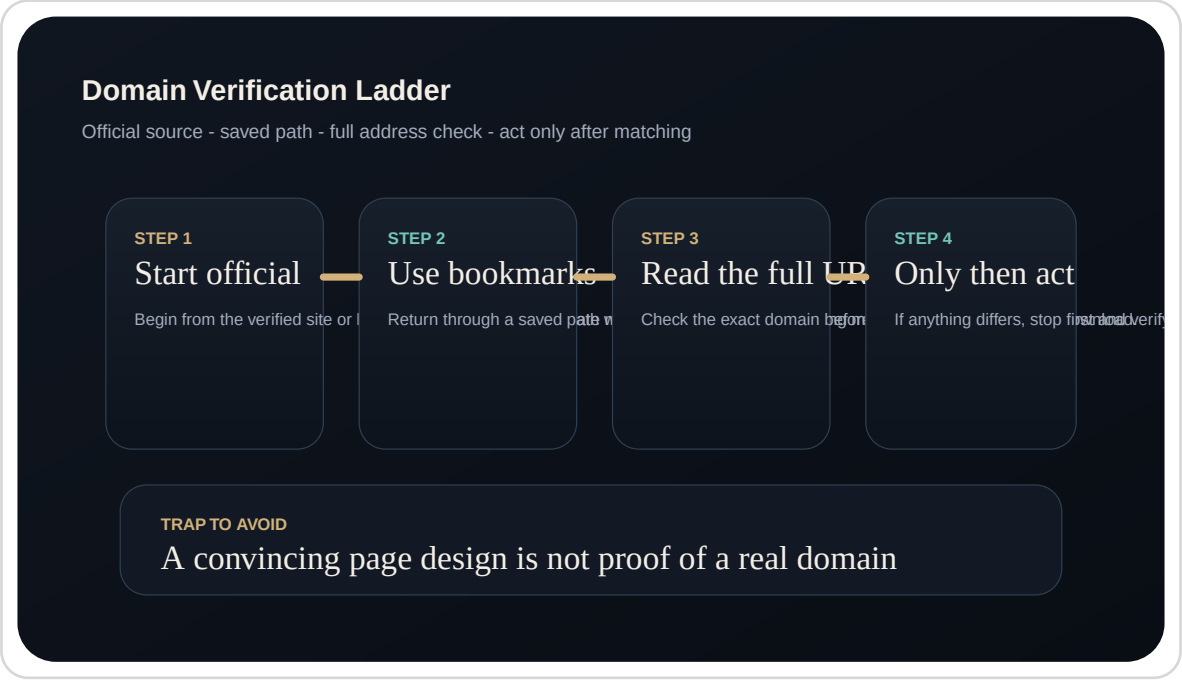

Figure B. Domain discipline should be a fixed operating path, not an improvised guess under pressure.

Device hygiene lowers risk by reducing accidental exposure: review questions

Device hygiene lowers risk by reducing accidental exposure: review questions

Use these questions after reading the main chapter. If the answers are vague, the chapter should be reviewed again before it is treated as operational knowledge.

1. What is the core operating idea behind "Device hygiene lowers risk by reducing accidental exposure"?
2. What needs to be verified before the chapter guidance is used in the real world?
3. What are the two most common errors a beginner could make here?
4. How would you explain this chapter to someone with no technical background?
5. What note or checklist would make this chapter easier to execute correctly next time?

CHAPTER 5 WORKBOOK

Device hygiene lowers risk by reducing accidental exposure: worksheet

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This worksheet turns the chapter into a written process. Completing it is often more useful than simply re-reading the explanation.

- Write a one-sentence summary of device hygiene lowers risk by reducing accidental exposure.
- List three actions that should happen before execution.
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- List one official source you would verify before using the chapter in public.

Worksheet notes

Device hygiene lowers risk by reducing accidental exposure: verification notes

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Worksheet notes

CHAPTER 6

Incident response should be calm, structured, and documented

Incident response should be calm, structured, and documented

When something feels compromised, panic creates secondary mistakes. The first move is to stop interacting. The second is to identify what happened: a bad link, a suspicious approval, a compromised account, or a fake support interaction. Only then should the user decide on the next containment step.

1. Stop using the affected workflow immediately.
2. Review recent approvals, sites, and transaction history.
3. If necessary, move remaining assets carefully to a clean destination wallet.
4. Document the incident so the same pattern becomes easier to recognize next time.

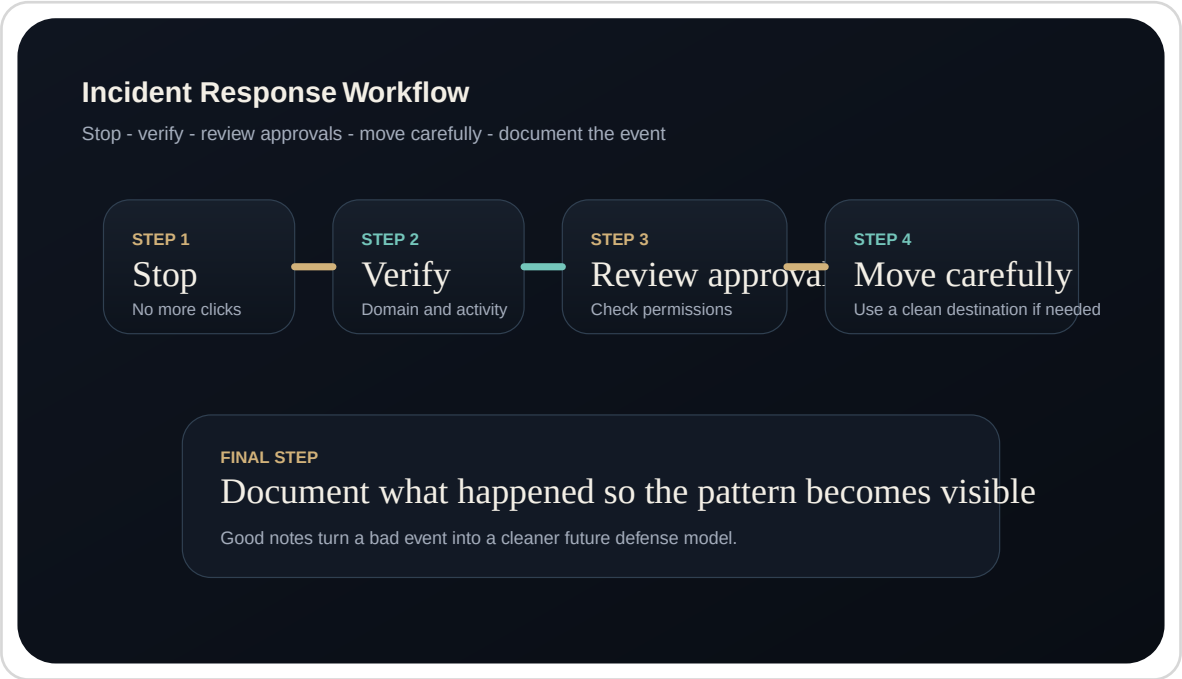

Figure A. A calm response sequence reduces the chance of a second mistake during a bad event.

Incident response should be calm, structured, and documented: briefing page

Incident response should be calm, structured, and documented: briefing page

Chapter 6

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Desk Note

Focus question: If this chapter were the only reference on the desk, what would still need to be verified before you acted?

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Incident response should be calm, structured, and documented: operating checklist

Incident response should be calm, structured, and documented: operating checklist

Use this page to slow the process down. A chapter becomes useful when it can be converted into a checklist that still works under time pressure.

1. Restate incident response should be calm, structured, and documented in plain language before taking any action.
2. Identify what must be verified first when working through this chapter in practice.
3. Write down the one decision error most likely to appear if this step is rushed.
4. Translate the idea into a repeatable checklist rather than a one-time guess.
5. Keep screenshots or notes if the chapter involves any live tool, chart, wallet, or platform flow.

Incident response should be calm, structured, and documented: failure map

Incident response should be calm, structured, and documented: failure map

Most beginner losses do not come from missing one hidden secret. They come from repeating ordinary mistakes around process, verification, or impatience.

- Reading incident response should be calm, structured, and documented once and assuming the process is now fully understood.
- Moving from theory to execution without documenting the exact steps.
- Ignoring verification because the interface or market setup looks familiar.
- Letting speed, confidence, or social pressure replace structured review.
- Failing to revisit the chapter after something in the real workflow changes.

  If one of these errors appears while working through incident response should be calm, structured, and documented, pause the workflow and rebuild the checklist before proceeding.

CHAPTER 6 WORKBOOK

Incident response should be calm, structured, and documented: scenario lab

Incident response should be calm, structured, and documented: scenario lab

Scenario: a beginner reaches the incident response should be calm, structured, and documented stage and feels pressure to move quickly because the setup looks obvious on the surface.

A better response is to slow the sequence down, compare the chapter logic to the live setup, and confirm that the public explanation, the platform view, and the actual prompt or chart all line up.

If anything about the live situation feels harder to explain than the chapter itself, that is a signal to stop and verify rather than improvise.

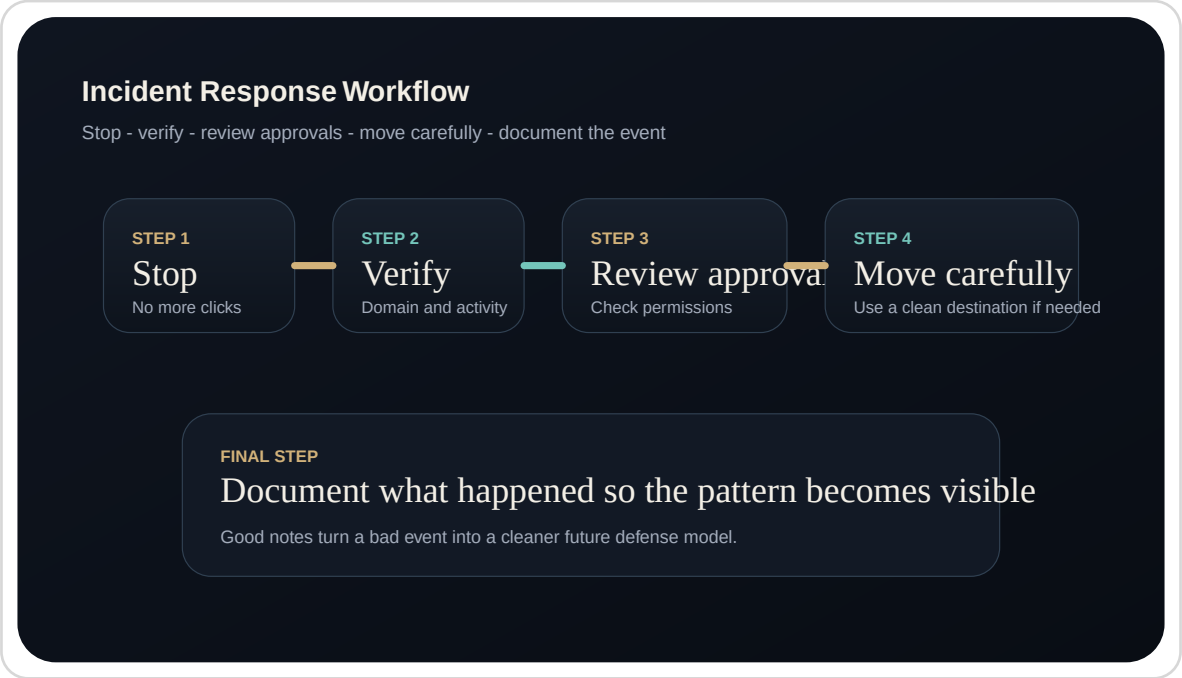

Figure A. A calm response sequence reduces the chance of a second mistake during a bad event.

Incident response should be calm, structured, and documented: review questions

Incident response should be calm, structured, and documented: review questions

Use these questions after reading the main chapter. If the answers are vague, the chapter should be reviewed again before it is treated as operational knowledge.

1. What is the core operating idea behind "Incident response should be calm, structured, and documented"?
2. What needs to be verified before the chapter guidance is used in the real world?
3. What are the two most common errors a beginner could make here?
4. How would you explain this chapter to someone with no technical background?
5. What note or checklist would make this chapter easier to execute correctly next time?

Incident response should be calm, structured, and documented: worksheet

Incident response should be calm, structured, and documented: worksheet

This worksheet turns the chapter into a written process. Completing it is often more useful than simply re-reading the explanation.

- Write a one-sentence summary of incident response should be calm, structured, and documented.
- List three actions that should happen before execution.
- List the main failure signal that would tell you to stop and re-check the process.
- List one official source you would verify before using the chapter in public.

Worksheet notes

Incident response should be calm, structured, and documented: verification notes

Incident response should be calm, structured, and documented: verification notes

Before a public version of this chapter is published or sold, the operational details should be checked one more time against official documentation or primary-source guidance.

- Mark the date when incident response should be calm, structured, and documented was last verified.
- Record the official source that confirmed the current workflow or concept.
- Note any differences between the public explanation and the live product or market environment.
- Write down what would require a chapter update in the future.

Worksheet notes

RESEARCH NOTES

Source foundation and further reading

Source foundation and further reading

External facts were paraphrased and checked against official or public-interest sources available at drafting time. Before public launch, re-check support guidance, wallet tooling, and reporting paths against the current official documentation.

- CFTC: Digital asset fraud warning signs
- Investor.gov: Introduction to Investing
- MetaMask Help Center

PUBLICATION NOTE

End of full edition

End of full edition

This manual is published as part of the Madeesh P. Nissanka educational library and is intended as a practical guide for operational defense and safer market participation.

Educational only. Not financial advice.

Madeesh P. Nissanka