

Stay Alert – Stay Safe

There are many ways you can keep yourself safe – whether you are working with patients or residents, the general public, visiting a shopping mall or playing in a park with your children.

Always be aware of your surroundings – know what is in your immediate area and what is changing around you.

Assess the environment - look around - be aware of what is going on. If you become complacent – too comfortable in your routine – you may lose some sense of awareness when your actions become “automatic” and you stop thinking about associated risks.

Use your eyes, your ears and your nose. Do you see, hear or smell anything that could cause you harm? An item – a person – a vehicle – a barking dog?

Pay attention to your instincts...a “gut” feeling...the hair on the back of your neck or on your arms stands up...a shiver goes up your spine...it could indicate that something is wrong.

If you feel uncomfortable about your situation – take action and get yourself away from it.

In parking lots, pick a spot in a well-lit area. Scan the area before you pull into the spot and if you see a threat – drive away. A safe choice before shutting off and leaving your vehicle is to take a quick scan outside and around your vehicle. If you have to leave items in your vehicle, put them in the trunk or out of view. When returning to your vehicle, take that quick scan again.

If you work alone in an area, always be aware of your surroundings. Know what the policy and procedures are within your work area.

You don't have to enter the elevator if you feel uneasy about one or more “suspicious” people already on that elevator.

If you see something suspicious – don't approach further. Don't put yourself in the situation. Phone security or the police and get out of that area.

All incidents involving employees must be reported...and this includes any near miss. Your report of the incident just might help to reduce the risk of the same thing happening to someone else.

You are 100% accountable for your safety.

primary source: Workplace Assessment & Violence Education (W.A.V.E.) program

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!