

### **About These Posters**

Posters can be a very effective way to keep safety procedures fresh in the mind of everyone in your office.

The following are 12 safety posters produced by Joe Rosner at Best Defense of Illinois. Please post one poster per month in your employee break area to remind everyone how important safety precautions are.

These posters are designed as support for monthly safety meetings with your entire office. The files are in pdf format that can be printed by any printer.

You may share or copy these posters with others inside or out of your organization. We request our contact information be left in tact.

If you have feedback or questions or would like to schedule a Personal Safety and Self Defense program. Please contact us at 888.439-1411 or [joe.rosner@usa.net](mailto:joe.rosner@usa.net)

# Be a Buddy!

**Know ahead who you'll call  
when...**

...your instincts tell you to get help

...you're just a little nervous

...you need help at a patient's home

## Have a Buddy!

**And put their number in  
your speed dial**



# **Car Safety!**

**Always have your keys with you**

**Park in a well lit area**

**Don't get blocked in**

**Beware of dead-end streets**

**Keep your car in good condition**

**Fill-up at 1/4 tank**

**Know where you're going**

**Keep a phone charger in your car**



# Danger!

It's not always obvious.

If you experience...

...Gut feelings?

...Hesitation?

...Unexplained Fear?

...Apprehension?

Your intuitive alarm is warning you. Stop and ask yourself why?

*Trust your instincts!*



# Dress for Success!

Don't wear flashy jewelry  
Always have your cell phone  
Dress for the weather  
Carry minimal cash  
Keep your hands free  
Wear shoes you can run in

***Avoid tight or revealing clothes.***



# Defend Yourself!

Yell...

..."Help! I'm being attacked! Call 911!"

Run if possible

Make up a story

Put barriers between you and the threat

***Learn self defense and think about it before you need it***



# Have a **Distress Code**

## **Have a coded distress signal:**

Example: *"I'm at 123 Main St., in Springfield, and I need a consult with Dr. Strong right away."*

## **Review your distress code with:**

your support staff  
co-workers  
security staff  
family  
friends...



# Your Mobile Phone

Keep your phone turned on  
Program into speed-dial:

- 911
- buddy
- office

Create and share a distress signal  
Carry a spare battery or charger

Text "911" to someone who knows  
where you are.

**Your phone is your Lifeline!**





# No Way Out? or Know **Your** Way Out!

Be sure you know at least two ways to exit the patient's home.

Always position yourself between any potential threat and an exit.

Be aware where you can exit apartment building hallways.



# Risk Factors for Violence

- Patient has a history of violence
- Patient is aggressive, frustrated or angry
- Patient has dementia or drug impairment
- Patient history of substance abuse
- Language and cultural issues
- Family/visitors with history of violence
- Family or visitors are argumentative  
(Frustration with the patient's condition or care?)
- Patient is in a high-crime or isolated location
- Firearms stored unsafely
- Home is cluttered and/or poorly lit, making it difficult to leave quickly in the event of violence



# Reduce Your Risk of Violence

- Assess your patient's mood before starting your duties
- Tell your patient what you are doing before you do it
- Try to keep space between you and your patient
- Avoid letting a patient get between you and an exit
- Be aware that patients may become upset when you are assisting with personal care or toilet use
- Be sensitive of cultural or language barriers



# **Don't Keep It Secret**

**Make sure someone knows..**

**Who you are visiting**

**Where you are going**

**When you will be back or call**

**Your cell number**



# Handling Agitated or Threatening Persons

Stay calm!

Face the person sideways with your hands palm out

Keep space between you and the person

Watch for signs that the person may strike out (Watch their shoulders)

Do not argue or raise your voice

Reassure the person you want to help

Get to a safe place and report the situation as soon as possible

