



GET SAFE's Top Ten Tips

Staying Safe on the Job

1

GET SAFE's S.A.F.E. Method

Scan - Assess - Forecast - Execute

Be aware of your surroundings, assess for danger, forecast the risks, and execute your safety plan.

2

Utilize Your Team Members

Having a partner or emergency contact coworker is important to staying safe, especially when working in the field. You are not alone and there's no shame in seeking assistance from others.

3

Utilize Contact/Cover Tactics

One person makes contact with the subject, while the other partner covers the other logistics of the situation. This reduces confusion and ensures someone is focused on safety.

4

Develop and Use Code Words

To avoid further escalating a situation, code words allow you and your coworkers to communicate dangers and the need to alert authorities. These are important for the field and in the office. Use words that don't seem overly out of context that would cause suspicions.

5

9-1-1 Protocols

Don't hesitate to call 9-1-1 if you are lost, hurt, or scared for your safety. Be sure to tell the dispatcher your location FIRST.

6

Vehicle Safety

Keep your doors locked, gas tank at least 1/2 full, and maintenance checks up to date. Check in and around your car before entering to ensure no danger is nearby.

7

Pack Light

Avoid carrying too much in the field or when walking to and from your car. Keep one hand free to defend yourself, which also dissuades potential attackers from thinking you're an easy target.

8

Dress for Safety

Wear clothing appropriate for the interaction including closed-toed shoes, minimal jewelry, and hair tied up. Dress for the possibility that you have to run from an attacker who wants to grab you or your things.

9

Establish and Maintain Boundaries

Boundaries establish what is and isn't tolerated. Set boundaries early and communicate often if a person is close to violating your boundaries. If violated, alert the appropriate parties, including law enforcement if necessary.

10

Practice Self-Care

The work you do is important, so remember to keep your batteries charged! We cannot give what we don't possess. Even small acts can help rejuvenate you and reduce stress and burnout.