



## Personal Safety Workshop

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### Background

This course is designed for those who are placed in potentially dangerous and hazardous situations as a result of their work, including lone working. The techniques taught are intended to reduce the likelihood of becoming a victim by reducing and managing personal risk.

### OBJECTIVES

On completion of this course you will be able to:

- Appreciate when an activity could lead to risks to your personal safety.
- Identify potential warning signs when in an 'at risk' situation.
- Appreciate when you should not be exposed to a lone working risk.
- Plan and prepare for potentially hazardous situations.
- Appreciate the alternative actions which can be taken to reduce the level of threat.

### TOPICS COVERED

- **Planning and Preparation**
  - keeping others informed, parking, clothing, choice of route
  - situations where risks are anticipated
- **Threat Assessment and Risk Limitation**
  - common sense actions to avoid problems
  - the risk to others and yourself
- **Body Language**
  - reading other people before they act
  - giving the right signals to those around you
- **Communication**
  - sending the right message by words and voice
  - danger signals and responses to aggression
- **Street sense**
  - being fully aware all the time
  - environmental advantages and disadvantages
- **Confrontation**
  - sensing and defusing aggression in others
  - handling pressured situations
  - rapport and empathy with those losing self-control
- **Self Confidence**
  - feeling confident and sending a message of confidence
  - dealing with emotions which lead to extreme behaviour
- **Personal safety devices** (optional)

### DURATION

This is a one day course.

### COST

Please contact Cardinus for a quote.

