



Work and Safety

- If I find myself in the car with the perpetrator, I will be aware of moving traffic in my attempt to exit the vehicle as safely as possible. I will try and calm the situation-use my intuition and judgment.
- If I am driving and the perpetrator is following me I can drive to the nearest police station/near CCTV cameras, garage or anywhere there are lots of people
- If I am in a public place, I can call 999 if safe, stating my location first, stay near people, go into shops or public buildings, use my personal attack alarm, ask for help
- I can increase my awareness of my surroundings, is it safe to walk/drive, am I being followed, (keep personal attack alarm and phone with me) etc
- I can tell my boss, security, and _____ at work about this situation to assist in improving my safety
- I can ensure that the receptionist, security guard or front line staff have a description or photo of the perpetrator
- If appropriate I could ask to move desks, departments, shifts or even sites
- I can ask the IT department to change my e-mail address if it is not public, and whether it is possible to screen out e-mails from my abuser etc.
- I can ask _____ to help screen my phone calls.
- When leaving work I can do the following:

- When I am driving home from work and problems arise, I can:

- If I park my car at work I can park it in a safer local area (well lit, CCTV)
- If I use public transportation, I can: sit closest to the driver/exit and keep my personal attack alarm with me _____

- I will shop at different supermarkets and shopping centres at different hours than I did when I was with my partner.

- I will use a different bank and bank at different hours than I did when I was with my partner.
- I will change any regular appointments that my partner knows about
- I will alter my routines as much as possible