

PERSONAL SAFETY

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PROTECT YOURSELF

- Safety while exercising early morning or late evening pay attention to your surroundings.
- Walk, bike, or run in well lit areas.
- While you may enjoy listening to music keep the volume low enough that you can hear what's happening around you.
- Some may choose to arm themselves with pepper spray or a stun gun but be aware that those same items can be used on you.

VEHICLE SAFETY

- o Keep your doors locked.
- o Keep items such as cell phones, laptops, cell phones, and tablets (Nook or Kindle) out of plain sight.
- o Car Alarms provide safety as well as newer vehicles that have OnStar or Sync Systems which have tracking devices which will allow officers to track stolen vehicles.
- o Car jacking **GIVE UP THE CAR**

HOME SAFETY

- o Keeping exterior lights on.
- o Keeping your landscaping under control by cutting back tall bushes or trees.
- o Burglar alarms
- o Dog
- o Become a part of a Neighborhood Watch program.
- o During upcoming holidays if your away make your home looked lived in.
- o At the end of the holiday season make sure every one in the neighborhood **DOES NOT KNOW WHAT YOU GOT FOR CHRISTMAS!!**

INTERNET SAFETY

- o Terminate you online session completely which means clicking on the “Log out or Sign Out” button to terminate your online session.
- o Avoid using the option of “remember” your username and password information.
- o Create Backup of important data.
- o Use Security Programs on computers, tablets, and cell phones.

INTERNET SAFETY

- o Protect your password. Meaning combinations of letters upper and lower case, numbers, and symbols.
- o Use caution when participating in Social Networking. Use the privacy settings.
- o Use your own computer. If you access personal information from some other computer always delete all of the “Temporary Internet Files, cookies, and history after you log off your account.
- o Update your software package regularly.
- o Be careful with e-mail.

WORKPLACE VIOLENCE

- DOES NOT JUST HAPPEN AT RANDOM OR OUT OF THE BLUE
- Perpetrators usually display some behaviors of concern.
- Awareness of these indicators and the subsequent implementation of an action plan to de-escalate potentially violence situations form essential components of workplace violence prevention

BEHAVIOR INDICATORS

- Coworker begins acting differently:
- Sadness
- Depression
- Threats
- Erratic Behavior
- Aggressive acting out
- Reference to weaponry
- Verbal abuse
- Inability to handle criticism
- Hypersensitivity to perceived slights
- Offensive commentary or jokes referring to violence

WORKPLACE VIOLENCE

- According to E. A. Rugala "*Workplace Violence: Issues in Response*", (2004) there are four categories of acts based on the relationship among the victims, perpetrators, and work settings.
- **Type I** – incidents involve offenders who have no relationship with either the victims or the establishments. In these incidents the motive most often is robbery or another type of crime.

WORKPLACE VIOLENCE

- **Type II** – offenders receives services from the workplace often as a customer, client, patient, student, or other type of customer.
- **Type III** – Offender is a current or former employee who is acting out toward coworkers, managers, or supervisors.
- **Type IV** – Offender is not employed at the workplace, but has a personal relationship with an employee. Often these incidents are due to domestic situations between the employee and the offender.

INTERVENTION

- Recognize the two aspects of the workplace violence spectrum: action and flashpoint.
- **Action Point** is the moment when an individual realizes that a coworker may be on the path to committing some type of violent act and intervenes before the situation becomes dangerous.
- Report the behavior to a supervisor, human resources, security, or employee assistance program.

INTERVENTION

- **Flash Point** – the moment when workplace violence occurs. At this point it is too late for any type of preventive strategy.
- **HAVE AN ACTION PLAN IN PLACE TO RESPOND TO THE INCIDENT AND IMPLEMENT THIS PLAN IMMEDIATELY**

SURVIAL

- o Awareness + Action = Prevention
- o Create a climate of trust within the organization that allows your employees to come forward to report troubling behavior.
- o Workplace violence can impact anyone, in any work setting, and across all levels of employment.
- o Have a plan in place and rehearse it often.

QUESTIONS

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