

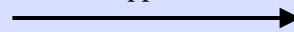



Personal Safety Template

The Personal Safety Template, also referred to as The Four “A”s of Safety, is a framework for understanding and applying safety strategies.

	Awareness What information do I have? 	Assessment Am I in danger or threatened? 	Anticipation What is most likely to happen next? 	Action Best practices to reduce danger or threat. 
Self	<ul style="list-style-type: none"> • What are my strengths and weaknesses, values, beliefs, attitudes, stereotypes, judgment, and resources? • What triggers me? • What is the limit of my patience? 	<ul style="list-style-type: none"> • What am I feeling and thinking right now? • What mood am I in? • Am I triggered? • Am I distracted or aggravated? Is it with the person I’m currently with? 	<ul style="list-style-type: none"> • Is my current mood or attitude affecting the situation? • Are my attitudes/biases/ stereotypes creating more tension? • Can I reduce my risk? 	<ul style="list-style-type: none"> • Wait for more information • Intervention • Leave • Reassess
Environment	<ul style="list-style-type: none"> • What do I know about the environment? • What am I observing? • What resources are available? 	<ul style="list-style-type: none"> • Am I physically trapped • Are my options limited? • Am I physically threatened? • Do I sense danger? 	<ul style="list-style-type: none"> • If danger exists, can I leave if necessary? • Are my choices becoming fewer? • Is my risk of danger increasing? 	<ul style="list-style-type: none"> • Rearrange current environment, move to different environment • Leave • Reassess
Client/Other	<ul style="list-style-type: none"> • What do I know about the person/people I am interacting with? • What am I seeing and hearing? 	<ul style="list-style-type: none"> • What emotional state is the person(s) in? Positive? Negative? Productive? Under the influence? • Do I sense danger? 	<ul style="list-style-type: none"> • If behavior is negative or dangerous, will it diminish? • Is it escalating? • Can I reduce my risk? 	<ul style="list-style-type: none"> • Wait for more information • Intervention • Leave • Reassess
Policy/Law	<ul style="list-style-type: none"> • What are the policies or laws that protect and support me? • What is expected of me professionally? 	<ul style="list-style-type: none"> • Am I protected by policies or laws in this situation? • What is expected of me professionally? 	<ul style="list-style-type: none"> • Will my actions/choices reduce my risk or protect me legally? • Can I expect to be supported? 	<ul style="list-style-type: none"> • Exercise best option • Reassess

Self is the only tool that individuals always have with them. It is the only consistent, reliable tool for intervention and defense. Self as a tool includes not only skills, but also awareness and assessment of one’s own values, beliefs, attitudes, stereotypes, judgment, and resources.

Environment is the *where* of potentially dangerous situations. Environment includes what to look for, as well as observations of what to be aware of.

Client/Other is the whom the worker is engaged with. “Other” can be someone else involved with the client such another family member, a friend of the client, or anyone one comes into contact with.

Policy/Law is the overarching framework that serves to protect the worker. This can be the legal aspects of protecting oneself. An effective policy requires a thorough understanding by all levels of the organization. The policy is the guideline for safety and reflects the core values of the organization.