

STAYING SAFE I

TIPS FOR THE SOCIAL WORKER BEFORE VISITS

Here are some tips on how to stay safe before meeting the clients

1 DO PRIOR RESEARCH

- **Look through past records** of client so as to assess potential risk
- **Ask for information from other agencies** (eg. Police and Health services) about client
- **If client has known risk history,**
 - Understand current status and/or situation before arranging visit
 - Arrange session with the presence of another colleague and/or relevant professional
 - Do not give advice based on own experience or intuition. Seek relevant professional advice
 - Be aware of the impact of the risk on the client and relapse symptoms or triggers



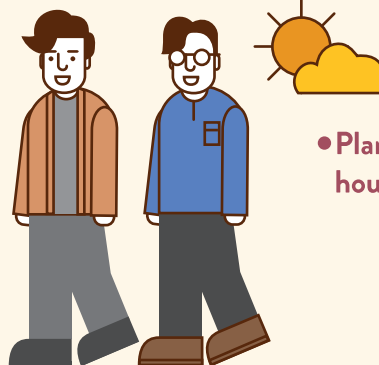
2 BE AWARE OF “RED FLAGS”

- **Flag cases with history of drug use and mental health disorders** so that there is greater awareness of possible adverse reactions to stressful situations
- **Some risk factors to look out for:**
 - Criminal record for violent acts
 - Misuse of drugs and alcohol (current or past)
 - Diagnosed personality disorders
 - Poor impulse control and anger management issues
 - Domestic violence



3 PLAN AHEAD

- **Plan visits in advance** together with client whenever possible
- **Assess** if it's safe to perform a lone visit or take a colleague with you
 - If colleagues are unable to join you, try to schedule visits alongside other agencies who might also be conducting visits



- **Plan visits in daylight hours** whenever possible

4 TAKE PRECAUTIONS

- **Inform** your colleagues of your whereabouts, as well as the duration of your visit
- **Arrange** for a colleague to call if you are not back in time
- **Wear** comfortable clothes and shoes to allow quick movement
 - Avoid scarves, ties or jewellery that can potentially be grabbed and used to harm you
- **Call** beforehand to assess client's state of mind

