



NDK Changing, Training, Speaking

PERSONAL SAFETY AT WORK – THE ESSENTIAL ELEMENTS

Employers have a duty to protect employees from unnecessary risks in the workplace. Likewise employees have a responsibility to avoid placing themselves at risk from ‘reasonably foreseeable’ danger. Managing safe working practices, for lone working and face-to-face work with customers is essential for employer and employee alike.

This valuable 6 hr workshop is designed to familiarise delegates with personal safety management techniques at work, delivered in either a one-day or two half-day sessions on consecutive weeks. The course is facilitated by experienced Suzy Lamplugh trained and qualified trainers.

Aims -

- To raise awareness of personal safety issues at work and to establish techniques for managing personal safety

Objectives -

- To identify what constitutes a risk to personal safety
- To develop sensible strategies to deal with potential risks from lone working and customer facing activities, through prevention and planning
- To produce an action plan for managing job related potential risks

Content -

- Who is responsible for personal safety
- **People Environment Task**
- What presents a risk?
- Skills to avoid, reduce or manage potentially difficult situations
- Planning future action

Workshop ethos and comfort factors ☺

- The session will start and finish on time with the appropriate comfort breaks.
- Delegates should wear comfortable casual attire.
- All delegates should come prepared to take part in the activities and be assured that their contribution will be valued.
- Refreshments will be provided

Delegate ‘Take-Aways’

- Personal alarm and a concise guide to lone working.

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