



# Personal Safety Planning Tips

Alberta Home Visitation  
Network Association

*“Ensuring the Quality, Accountability and Sustainability of Home Visitation Programs”*

Home visitors who travel to their client’s residence are advised to take precautions to ensure their own wellness and safety. This starts with self-care through adequate nourishment, understanding of self, relaxation, adequate sleep and exercise. And, equally important, home visitors should be familiar with the following tips for personal safety, using this checklist for planning safe travels and visits.

## **Driving**

Ensure you are prepared for travel in all seasons by having the following equipment onboard, ensuring equipment and vehicles are in good working condition and being familiar with, or trained, in safety policies and emergency protocol:

- take a cell phone and leave it turned on; be sure to familiarize yourself with the
  - car charger
  - transmission booster
  - Bluetooth for hands-free driving
  - policy on sharing telephone numbers - office phone number only, cell phone number only, use \*67 when using private landline
- take maps and get clear directions
- use a GPS
- register for and use OnStar service ([www.onstar.com/web/fmv/home](http://www.onstar.com/web/fmv/home))
- keep your vehicle well maintained
- carry a basic emergency kit in the vehicle
- carry a winter kit in the vehicle
- use a seat belt
- use appropriate car and booster seats
- schedule enough time between appointments
- follow policies on weather and road conditions
- get training on roadside emergency
- do not park in an isolated area
- park so that you cannot be blocked in

## **Working alone**

- have a digital photo of yourself, vehicle, licence plate and vehicle identification number (VIN)
- wear picture ID
- keep cell phone charged, on and programmed for emergency calls
- wear appropriate clothing and footwear
- sit where there is a clear exit available to all
- lock your purse and valuables in the vehicle when leaving the office
- be familiar with policy on visiting clients after hours and contact protocol (i.e., no visits in the home on week-ends; no direct client work when either staff or clients are under influence of drugs/alcohol)
- don’t enter a home if anyone makes you feel uncomfortable

*Provided by Teresa O’Riordan is executive director of the NWC Alberta FASD Services Network for the Alberta Home Visitation Network Association.*