

Safety on the Job and In Public

- A. Decide who you will inform at work of the situation. This should include office or building security, provide a picture of the batterer, if possible.
- B. Arrange to have an answering machine, voice mail, caller I.D. or trusted friend/relative screen telephone calls.
- C. Devise a safety plan for leaving work. Have someone escort you to your car, bus, etc., and wait until you are safely en route. Try to use a variety of routes to go home. Do not use isolated roadways, however.
- D. Think about what you would do if something *did* happen while you are on your way home (e.g. in the car, on the bus, etc).
- E. Call a friend or family member before you leave work, to let them know you are going to be on the road. Call them when you get safely home.
- F. If the batterer is following you, ***do not go home!*** Go immediately to a public place, such as a police station.