



## Workplace Violence

Violence or the threat of violence against workers can range from threats and verbal abuse to physical assaults and homicide. It is one of the leading causes of job-related deaths.

### All Are Vulnerable

- About 2 million American workers are victims of workplace violence each year.
- No one is immune from workplace violence.
- Workers who exchange money with the public or deliver passengers, goods or services are at increased risk for violence.

### Risky Situations

Workers at risk for violent situations include:

- Social service workers, such as probation officers
- Healthcare staff, including visiting nurses and psychiatric evaluators
- Phone and cable TV installers, utility employees
- Letter carriers
- Retail workers
- Taxi drivers

### Workers Can Protect Themselves

While no guarantee, these steps may help reduce the odds of becoming a victim of violence:

- Learn to recognize, avoid or diffuse potentially violent situations by attending personal safety programs.
- Alert supervisors to any concerns about safety or security and report all incidents immediately in writing.
- Avoid solo travel into unfamiliar locations or situations.
- Carry only minimal money and required identification into community settings.

## Be Alert to Potential Signs:

### Behavior:

- Upset about recent events at work or personal crisis
- Recent major change in behavior, demeanor and appearance
- Appears withdrawn from normal social activities
- Is intimidating or verbally abusive; harasses or mistreats others
- Challenges or resists authority
- Blames others for problems in life or work; suspicious, holds grudges
- Abuses drugs or alcohol
- Shows unwelcome, obsessive romantic attention
- Stalks targeted co-worker
- Makes threatening references to violence
- Makes threats to harm self, others or property
- Weapons - has or is fascinated with weapons
- Has known history of violence
- Has communicated specific proposed acts of disruption or violence

### Attitude:

- Morally superior, self-righteous
- Feels entitled; rules don't apply to him or her
- Feels wronged, humiliated, degraded; wants revenge
- Believes no options for action except violence
- Is isolated or a loner

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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