

Safety Suggestions



Presented By
Daniel Saltel

Event
Day

CHS Bold Series
Nov 2, 2018
12 pm

Overview

1. Presenter Information Daniel Saltel
2. Safety Events and Literature
3. Safety Suggestions
4. Questions/Discussion

Objectives

Discuss safety suggestions for:

1. Keeping yourself safe
2. Assisting others to be safe
3. Getting assistance when necessary

1. Daniel

Saltel

Who is Daniel Saltel

Credentials:

MSc Community Health Science

BSc Psychology Honours

BSc Computer Science

Research Interests:

- Memory
- Safety
- Health

Work Experience:

- Software developer

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No Conflict of Interest

No affiliation with
safety organizations

Today's presentation and
handouts on above website
under 'presentations'

2. Safety Events and Literature

Feb 2017 - Winnipeg Transit Event

Event

- Passenger escorted off bus
- Bus driver was attacked

Investigation

- Newspaper articles
- Safety literature

Newspaper Articles

- Many attacks on bus
- Not clear what to do

Newspaper Articles Focus on Tragic Events



There are reoccurring patterns that are found in the events that involve violence.

- Not able to contact help
- Not clear how to prevent violence
- Event happens quickly
- Impact happens quickly
- Assistance too late
- Investigation suggests there were warning signs in perpetrator

Academic Literature - Bus Driver Safety

Most common
discussed protector
Shields.



Issues:

a) some bus drivers might not like protector shields

b) shields may be expensive or difficult to install on older buses

Limited bus driver safety research available.

Academic Literature - Campus Safety

- Sexual violence (e.g., change attitudes, bystander)
- Associated variables (e.g., alcohol)
- Statistics of violence on campuses
- Stalking, bullying

Safety for Public/Professionals ?

Academic Literature – Other Safety Research

- Occupational Safety (e.g., technology, inspections)
- Drug Safety (e.g., clinical trials)
- Traffic Safety (e.g., alcohol, fatigue, distraction)

Safety Training for Public/Professionals

What literature/training is available for keeping public/professionals safe?

Bus Driver Safety Guidelines

- Limited training (e.g., less than a day Winnipeg Transit)
- High Level – (e.g., Do not engage, avoid physical contact)
- Call Control Centre

Social Services

- Cardiopulmonary Resuscitation (CPR)
- Nonviolent Crisis Intervention Training (NCI)

University Students

- Student orientation
- Mass e-mails

Instructional Methods for the Public

Safety organisations or organisations such as Psychology Today, Kids Health

- Meet strangers in public setting
- Know your exits
- Have a way to contact someone
- Follow a Buddy System

Gaps

Academic literature focus for needs of public/professionals

- Campus safety research limited in scope - campus (i.e., sexual violence)
- Other safety research (i.e., occupational, drug, safety) may not relate directly to all the safety incidents that occur for public/professionals

Safety training for public/professionals is limited

- high level (e.g., do not engage)
- training time is often limited (e.g., less than a day)
- When safety related incidents occur people are often not following the guidelines (e.g., fatigue, alcohol, work alone)
- The safety guidelines may not ensure that people actually follow the guidelines in daily activities
- Reminder system? Safety training often occurs when starting employment or involvement with organization

Huge Need to Assist Public/Professionals in Staying Safe

3. Safety Suggestions

Ways to Have a Safer Society ...

- 1) Keeping yourself safe
- 2) Assisting others to be safe
- 3) Getting assistance when necessary

Yourself

- Aware of safety information and policies
- Follow policies
- Knowing when you need assistance
- Reminding yourself of safety
- Avoiding risk factors such as fatigue

Others

- Aware of others' safety
- Address concerns

Assistance

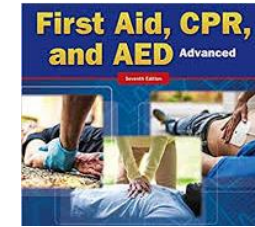
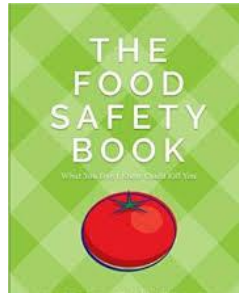
- Safety Organizations such as Safety Services Manitoba
- Professionals such as counsellors or doctors

Reminders for Safety

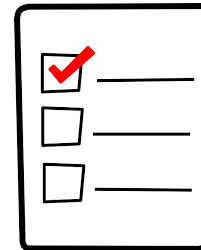
Since safety guidelines may not be followed there is need for reminders.

Approach

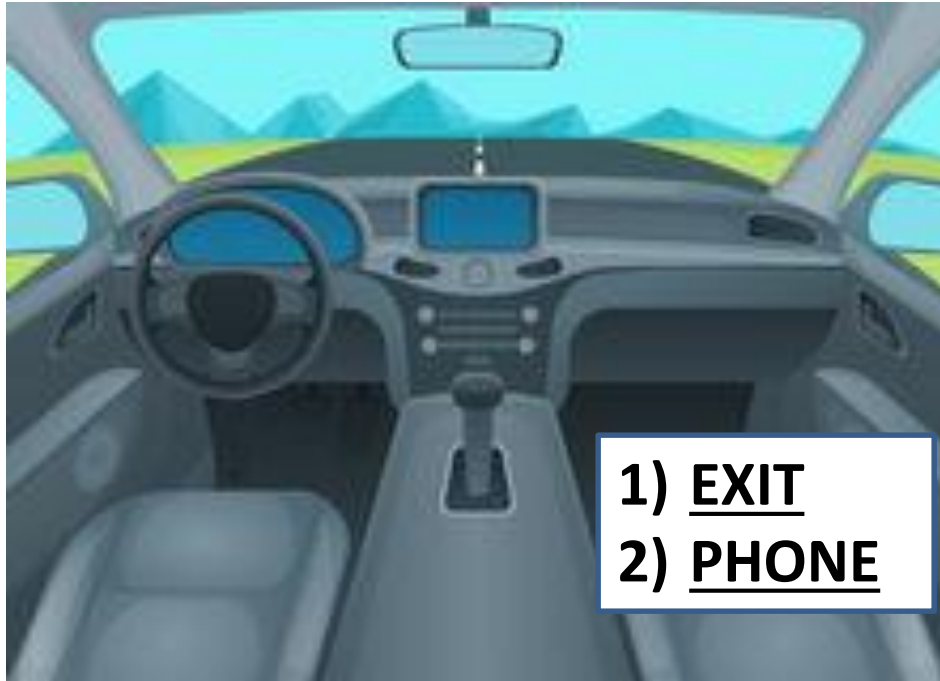
Safety Information



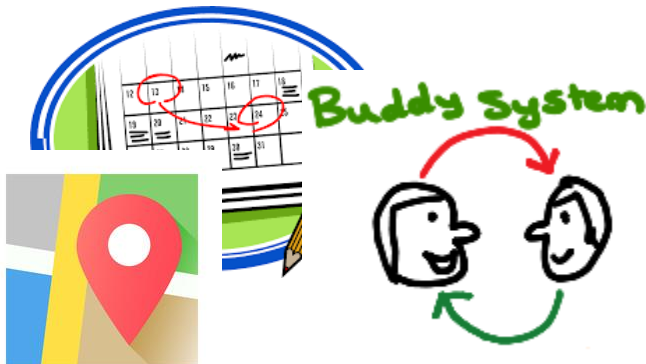
Easier to Remember
and Do



Example: Researcher meeting participants at their homes



- 1) INTERVIEW
- 2) ...
- 3) SAFE GOALS?
- 4) REFER ORGANISATION



Example: Driving



Example: Access to Information – Safety Toolkit



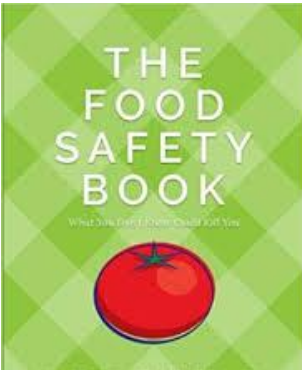
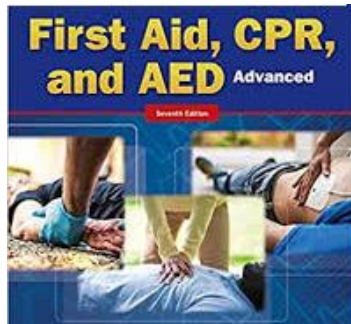
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CAA

- Emergency Contacts
–for you, for family members,
people you support...
- Health related information
(e.g., allergies)

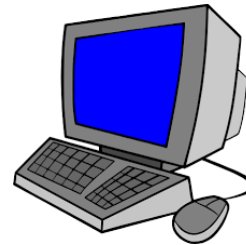
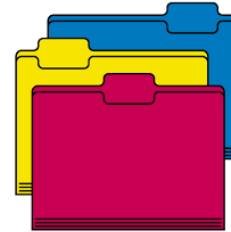
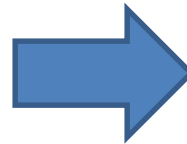
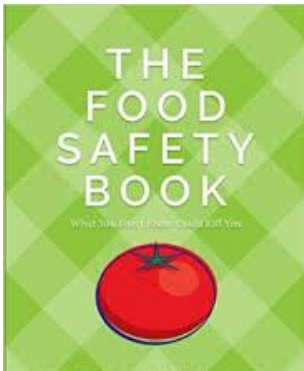
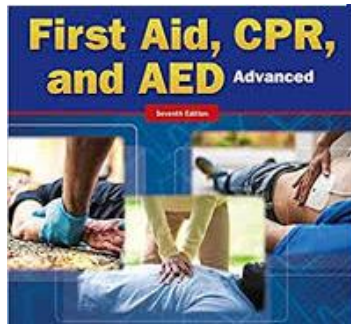
Process for Creating Reminders for Yourself

1. Gather Safety Information



Safety Information

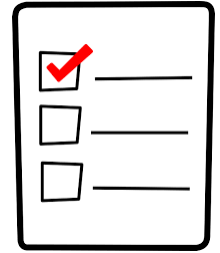
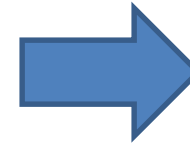
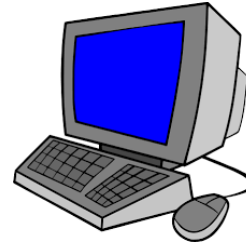
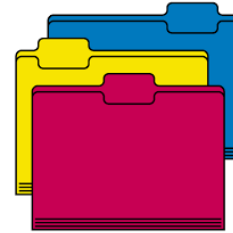
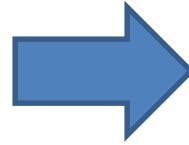
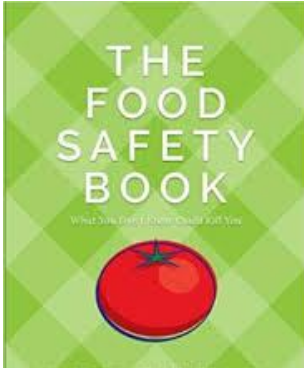
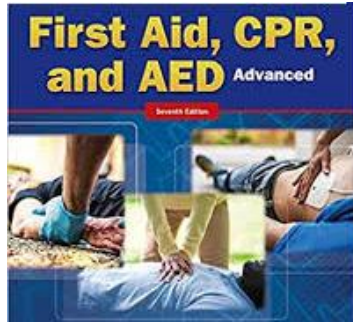
2. Summarize Safety Tips



Safety Information

Summary

3. Reminders

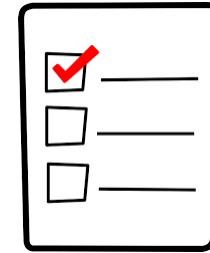
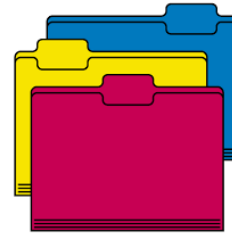
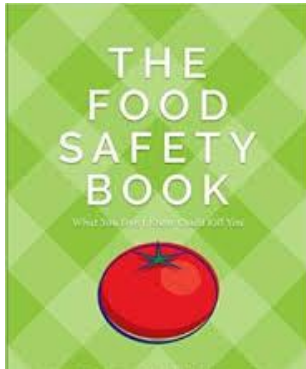
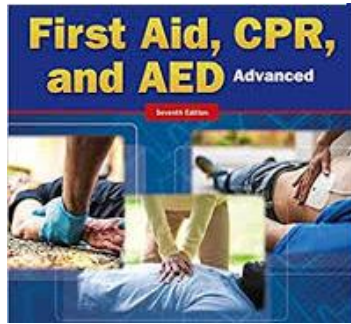


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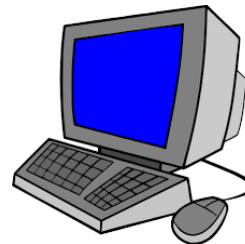
Summary

Reminders

4. Motivation



Reminders



Safety Information

Summary

Three General Ways for Safety

1. Keep yourself safe
2. Assist others to be safe
3. Get assistance when necessary

Develop Safety Toolkit for Yourself

- Contact information
- Health related information



Health Information

CPR _____

Allergies _____

Emergency Contact

Name _____

Phone _____

Remind Yourself of Safety Tips

- Meet strangers in public setting
- Know your exits
- Be aware of your surroundings
- Have a way to contact someone
- Follow a Buddy System
- Avoid walking in unlit areas
- Have emergency phone numbers
- Be alert and attentive
- Never take risks when it comes to safety
- Eliminate distractions



Reminders



Summarize
Key Information



Plan reminders

Follow Checklists as a Reminder for Safety

examples:

Daily Checklist

- Review safety suggestions
 - Any safety concerns?
- If so, what can I do about it?

Track Last Time Safety

Related Activity

- Car inspection Jun 12
- Doctor appointment Jan 2017
- Contact family member Feb 12
- Furnace inspection 2016
- Backed computer hard drive Aug 9

Weekly Checklist

- Set goals for safety
- Upcoming activities this week that require safety plan
- Learn about safety topic

Meet Client Checklist

- Exits
- Phones
- Buddy System

GOAL PLANNER



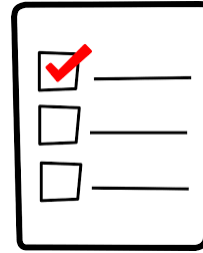
Areas to Consider

For Safety Related Goals

- House Safety
- Internet Safety
- Pet Safety
- Family Members
- Friends/co-workers/acquaintances
- Work Safety
- Travel Safety
- Fire Safety
- Food Safety
- First Aid
- Season Related Safety
- Health Safety

Notes:

Where am I Headed with This?



Reasoning?



Try to make it easier.

Easier to Stay Safe

If there is more emphasis on making it easier for professionals/public to stay safe there may be a safer society.

4. Questions/ Discussion