



## Workplace Violence Prevention Program

“Workplace violence is violence or the threat of violence against workers. It can occur at or outside the workplace and can range from intimidation, threats and verbal/emotional abuse to harassment (including sexual harassment), domestic violence, physical assaults and homicide, one of the leading causes of job-related deaths. However it manifests itself, workplace violence is a growing concern for employers and employees nationwide.”<sup>1</sup>

As with most other risks, prevention of workplace violence begins with planning. In the event of workplace violence, are you prepared for action? Would you be able to respond in a way that will allow you to safely leave a volatile situation without getting hurt? Do you know the warning signs of possible workplace violence? Do you know the specifics of the area that you work in: possible hiding places, defensive items, egress routes and emergency actions to defend yourself?

The Workplace Violence Prevention Program, with Certificate of Achievement, will provide you with violence prevention and personal protection information that fits into all types of businesses and environments, and is relevant to personnel of every station, age group and gender. Knowing the options that can keep you safe in most environments, especially when an instant traumatic event occurs, may be the deciding factor between becoming a victim, or successfully and safely leaving the area unseen and unharmed.

Topics to be covered in this 8 hour course include:

- Your workplace safety perspective
- Risk factors/Types of risks and how to identify them
- Possible causes of workplace violence
- Warning signs from fellow employees/other personnel
- Threat levels of personnel
- Close quarters action- egress/ingress (inside/outside)
- Egress options
- Immediate response
- Knowing the sounds of the workplace
- Playing the victim (hoping that they leave you alone)
- Action with defensive items (Inside and outside)
- Outside using cover and concealment
- Firearm Safety
- Parking garage movement and safety
- Company safety specifics
- Scenarios to practice in the workplace
- Safety items to make everyone more aware of the area
- Safety Recommendations



**Cost:** \$200.00

Call for class times: Donna Small 757-822-1188

### **Location and Registration:**

Fax registration form and credit card information to 757-314-2356; or register and pay in person, or via U.S. mail:  
Tidewater Community College, Workforce Development

5th Floor, Martin Building, 300 Granby Street, Norfolk, VA 23510-1910

For further information call: Donna Small 757-822-1188 or 757-822-1234

<sup>1</sup> [http://www.osha.gov/OshDoc/data\\_General\\_Facts/factsheet-workplace-violence.pdf](http://www.osha.gov/OshDoc/data_General_Facts/factsheet-workplace-violence.pdf), 2002

