

Workplace Safety Strategies

I felt safe in my physical building at work. But I also felt that my employers needed to know what was happening and that without them knowing they couldn't help keep me safe or understand why I would need to do particular things. So, I thought it was fair that they would know and I also needed the support at that point in time. I think initially I was nervous. I was afraid that I would be viewed differently. I was afraid that perhaps I wouldn't be seen as capable or able to keep the people I work with safe or myself if I couldn't be sure to keep myself safe. So I was worried about what, would there be consequences to this? Would people see me differently? Fortunately, my employers were equally concerned about what I was experiencing, not so much that I was a liability but that for me my own safety was a concern. They were genuinely concerned that something could happen. It was validating. It felt like somebody understood. Somebody knew the level of risk that this could potentially pose to me and that it wasn't minimized. It wasn't seen as "oh she is worried for nothing". For the first time it really felt like someone was taking this seriously and that I was valuable as well as my family, my safety and the people I was working with. Beyond the "I am glad you told us and I am glad you said what was going on with you", beyond that my employer went into action and helped actively safety plan. And was supportive of any plans, very flexible in terms of my time in wanting to me to make contact with a colleague to let them know when I was leaving the building. I was asked to not do appointments outside of the office. Special arrangements were made with administrative staff to ensure that if calls were to come in for me that they were screened appropriately. And beyond that I was also given some direction in terms of how I could continue on and how I could get some further help.