

School of Education, Sport and Health Sciences: Guidance for learners on personal safety whilst on placement

During your training you will be undertaking practice learning / placements in a variety of settings. All of our placements are risk assessed, quality assured and monitored and your supervisors will be supporting you throughout your placements. It is important, however, that you spend time preparing for these placements and consider your own personal safety, whether there are any enhanced risks that you need to mitigate against and / or discuss with your educator e.g., placements starting / finishing out of traditional 9-5 hours, using public transport late at night, lone working, home visits.

There are lots of useful websites that provide valuable advice about personal safety including:

[Personal Safety & Lone Working advice and information \(suzylamplugh.org\)](https://www.suzylamplugh.org/)

[Personal safety | Crimestoppers \(crimestoppers-uk.org\)](https://www.crimestoppers-uk.org/)

[Personal safety - Victim Support](https://www.victimsupport.org.uk/)

[Safety and security \(brighton.ac.uk\)](https://www.brighton.ac.uk/safety-security/)

Please take the time to read the advice on these pages.

Much of the advice relates to the importance of being prepared. In relation to your placement, this could include:

- Discussing any concerns you have with your placement educator/University practice team
- Don't do any activity that you feel unsafe doing
- Following placement specific policies e.g., lone working, safety at work
- Carrying out a risk assessment if working in an unfamiliar environment (in conjunction with your educator)
- Ensuring that a risk assessment has been carried out before seeing any clients on your own
- Planning the route in advance from home to placement so you are familiar with it
- Checking the times of public transport so you are not waiting at stations, bus stops for long periods of time, negotiate start and finish times if needed
- Planning travel / public transport options to and from placement if shifts start very early or finish late at night
- Being alert about others around you
- Ensuring your car (if using one) is road worthy, has petrol, has breakdown cover (and you have the number to call in an emergency)
- Using placement car parks where possible so you don't need to walk too far to your car, use parking in well-lit areas
- Sitting near driver if alone on bus
- Using well known taxi firms
- Letting people know when you are travelling or lone working after hours
- Travelling with a peer, consider wider learner groups that may also be travelling e.g. Other professions
- Leaving the placement site with others at the same time
- Carrying your belongings securely

- Ensuring if you have agreed to ring in to confirm your arrival or departure from a community visit that you have a charged phone or access to one. (similarly with walkie talkies if that is being used by the service).
- Make sure you find out how to make a quick emergency call e.g. some iPhones have a button on the side that if pressed 5 times will automatically call emergency services and your listed emergency contact.
- If you are attending home visits or one to one settings, that you have some stock excuses to leave such as 'needing to contact the office to confirm something' or anything that is suitable that can potentially distract and allow you an opportunity to leave.

If you have any concerns about your personal safety related to placement at any time, please discuss this with your practice educator or university placement lead.

There is also a University of Brighton confidential disclosure response team if you have experienced any form of abuse or harassment: <https://www.brighton.ac.uk/brighton-learners/your-learner-life/my-wellbeing/violence-and-abuse/index.aspx>