

## Personal Safety for Home Visitors

### Learning Guide for Ongoing Professional Development

**Note to Learner:** Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

**Ongoing:** View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

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#### Before the training:

- Learner and supervisor review course objectives and home visitor competencies
- Learner rates knowledge of learning objectives

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#### During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

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#### After the training:

- Learner:
  - Rates knowledge of learning objectives
  - Completes post-training activities, as required
  - Develops an action plan for applying skills and knowledge in daily practice
  - Meets with supervisor to:
    - Review pre- and post-training activities
    - Discuss reflections, questions, and concerns
    - Review action plan for applying skills and knowledge in daily practice
    - Assess personal learning goals, transfer of learning, and action plan

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This 1-hour online module will give home visitors an overview of personal safety. Home Visiting is a generally safe area of practice. Occasionally, though, situations come up where a home visitor may be in an unsafe setting. The home visitor will learn factors that contribute to unsafe situations while travelling to and from the home visit and while in the home. The home visitor will learn how to prepare for home visitors to ensure their safety and to recognize and avoid unsafe situations. The module will also show demonstrations of basic self- defense techniques.

This module is not a definitive or comprehensive personal safety or self-defense course. The home visitor's supervisor should give additional guidance to ensure the home visitor's safety.

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**Virginia Home Visitor Competencies Addressed:**

6.6.d. Adheres to the recommended practices and policies that ensure home visitor safety before, during and after a home visit.

### Before the Training

**Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)**

Learning Objective	Before the Training	After the Training
List steps home visitors can take to ensure their safety.		
List potential dangers to home visitors.		
Identify strategies for coping with these dangers.		
Describe basic safety and self-defense measures home visitors can take to protect themselves.		
List basic health precautions that protect home visitors and their clients.		

My personal learning goals for this training are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### After the Training

**Reflections on what I learned:**

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Questions and concerns I identified:

**Action Plan:** (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Learn my agencies policies and procedures related to worker safety.
  - Policies regarding after hours visits
  - Safety policies regarding the last visit of the day
  - Reporting safety incidents
- Develop a safety plan with my supervisor.
- Develop a checklist of steps I can take before, during and after a home visit to ensure my safety.
- Check the Virginia Sex Offender registry for the neighborhoods I work in.
- Pack a bag of useful items to keep in my car trunk.
- Make sure that my resource file includes resources for my safety and the safety of the families I work with.
- Request safety training on self-defense, illegal drugs, crimes, and gangs from my local law enforcement agency.
- Enroll in a basic self-defense course.

### My Action Plan

Action	Target Date	Date Completed