

PERSONAL SAFETY ON NIGHT WORKS



With an increase in the number of reported incidents of assault and harassment of night workers across the UK, it is a good idea to be aware of the best ways to stay safe while working at night.

- Wear high-visibility clothing to be seen clearly.
- Stay in well-lit areas.
- Never work alone (if possible).
- Use a lone working app or device if it is necessary to be on your own, i.e. emergency work.
- Keep in regular contact with colleagues and management.
- Have an emergency plan in place that is understood by all on site.
- If you are approached and feel threatened, walk away, and get to a place of safety.
- Contact the police if you feel threatened.
- Don't try to engage with threats.
- Leave the location to a place of safety.

It's important to understand how to keep yourself safe at night. Everyone has the right to work in a safe environment and go home safe at the end of the shift. Look after yourself and your colleagues.

STAY SAFE AT NIGHT