

## PART - Self-assessment

We need to be prepared to respond to an assaultive behaviour, before we enter the client's room or area. When we are prepared, we are less likely to be injured, or injure others, during an assaultive incident.

We need:

- proper attire;
- adequate mobility;
- well-practiced observational strategies; and,
- an organized plan for self-control.

**Proper Attire:** We must be aware of how we are dressed and how that affects our ability to respond during an emergency.

Look at the way you are dressed from head to toe. Assess your attire in terms of the risk it might present during an assaultive incident.

	Low Risk	Some Risk	High Risk
<b>Head</b>			
▪ earrings/piercings - do they present a risk of tearing or cutting?			
▪ glasses - are frames and lenses likely to break or shatter?			
▪ hair - could it be easily grabbed or obscure my vision?			
<b>Neck</b>			
▪ do necklaces, ties, scarves, pen on a rope, stethoscope, etc., provide an opportunity for choking?			
<b>Arms &amp; Hands</b>			
▪ can rings, bracelets, watches or fingernails catch and tear skin?			
<b>Torso (clothing)</b>			
▪ will my clothing keep me from jumping, running, bending or kneeling?			
<b>Feet (shoes)</b>			
▪ do my shoes interfere with my ability to move quickly?			
▪ do my shoes present a risk of injury to myself or others?			
<b>Keys</b>			
▪ does the way I carry my keys pose a risk of injury to myself or others?			
<b>Emotional Attachment</b>			
▪ if my clothing or jewelry were damaged, would I be upset?			
<b>Other</b>			
▪ personal hygiene			
▪ shaving lotion/perfume			

**Adequate Mobility:** We need to ask ourselves if we are prepared to move quickly. Performing warm-up activities before work can help.

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**Well-practiced Observation Strategies:** We need to ask ourselves if we have a well-developed observation strategy.

1. Determine baseline behaviour for each individual for whom you are responsible.
2. Recognize signs of impending danger:
  - a) Notice changes in frequency, duration and intensity of behaviours
  - b) Notice excesses and deficits in behaviours
  - c) Notice "positive" as well as "negative" changes in behaviours
3. Position team members so that all individuals can be observed.
4. Maintain eye contact with team members.
5. Make requests rather than announcements when leaving the area.
6. Determine the appropriate level of supervision, based on observation of the individual and staff resources:

**Routine:** Where is the individual? What shape is the individual in?  
**Close:** Within visual range?  
**Constant:** Within arms' reach?

**Organized Plan for Self-control:** We need to ask ourselves if we have a plan for self-control.

When you believe you are being threatened with physical injury, your body will prepare to reduce or eliminate the threat through physical combat - fight - or quick retreat - flight.

We each might have a different self-control plan; our plan should include the following:

1. **Self-assessment:** Taking a moment to check your own physical state.
2. **Knowing your limits:** Having a clear picture in your mind of how far you might go when you lose your temper.
3. **Regaining self-control:** To be truly effective at self-control, you need to take specific steps to counteract the "fight or flight" response. For example, if you find that you breathe very rapidly when you are frightened, your self-control plan would include a conscious effort to breathe slowly and deeply.
4. **Restoration and healing:** It is important to plan methods for restoring your emotional balance after an assault.

Immediately after being threatened or assaulted:

- debrief; record incident
- be yourself
- remove self from situation
- solitude/regroup
- medical attention

After your shift:

- relax; "me time"
- talk to supportive friend or co-worker
- physical activity (helps to burn off adrenaline)
- healthy choices

Emotional balance is essential for good professional performance.

source: *Professional Assault Response Training (PART) program*®

### Safety Talk Discussion

**Be Accountable: Choose safety - work safe - and go home injury free!**