

Personal Safety: In the Office
and Courtroom

Autonomic Nervous System

- * Nervous system that controls the organs and muscles of our body
- * Divided into two groups: Parasympathetic Nervous System (PNS) and Sympathetic Nervous System (SNS)

Parasympathetic Nervous System

- * Rest and digest
- * Save energy
- * Slower heart rate

Sympathetic Nervous System

- * Fight or Flight
- * Use of energy
- * Increased heart rate

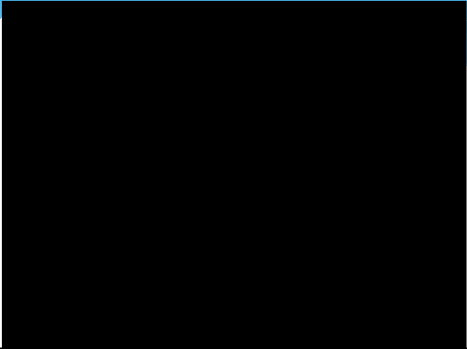
SNS Activation

- * Vascular flow
- * Protection of organ
- * Cold hands
- * Perceptual Narrowing
 - * Sight, sound, touch, taste, smell and "six sense"
 - * "Tune in" and "tune out"
- * Tunnel Vision (70% reduction of peripheral field)

Tunnel Vision

- * Demonstration

Tunnel Vision Video



Parasympathetic Nervous System
“Backlash”

- * Can occur once the threat has diminished
- * Symptoms: dizziness, excessive bleeding, symptoms of shock, paleness, nausea, excessive sweating and clammy skin, sense of exhaustion, excessive muscle tremors.

Talking with Clients

- * Professional
- * Respect
- * Domestic Violence Indicator
- * DCFS policy to not serve an armed client or if they have been using alcohol or an illegal substance, and demonstrates an inability to speak coherently and /or comprehend information. Policy 3-02
- * Report any threats or assaults to your supervisor immediately as DCFS has a zero tolerance policy for violent acts, threatening behavior and harassment at any DCFS worksite. Policy 3-02

Interview Rooms

- * Each DCFS office is required to have a local safety plan
- * Know your exits
- * Placement of furniture/ office equipment
- * Windows
- * Panic button
- * Pay attention to non-verbal cues
- * Keep employees in sight
- * Formulate a plan


Courtroom

- * Choose your location wisely
- * Know your exits
- * Know bailiff/ security locations
- * Pay attention to non-verbal cues
- * Formulate a plan

Non-Verbal Cues

- * Facial expressions
- * Arms crossed
- * Arms moving further away from the body
- * Staring/ glaring
- * Thousand yard stare

Attorney Attacked Video



Talking to Clients in Different Environments

* Controlled environment vs uncontrolled environment

Controlled Environment

- * Office
- * Courtroom
- * Jail
- * District Attorney's office

Uncontrolled Environment

- * Parking lot
- * To and from the office/ courtroom
- * Hallway

**Safety to and from the Office/
Courtroom**

- * Be alert
- * Be aware of surroundings
- * Walk in pairs or groups
- * Park in well lighted area
- * Don't park next to vans or large trucks
- * Locking doors
- * Work hours
- * Don't leave co-worker alone
- * Activation of SNS (tunnel vision)

Questions?
