

Social Worker Safety Study Guide

1. What areas of awareness must social workers develop in order to effectively handle crises?

2. Describe the term “self-awareness.”

3. What questions should you ask yourself to become more aware of any potential crisis situations so you can act accordingly?

4. What are some precautions to take prior to visiting a family? (e.g. your safety plans, attire, family history and living environment)

5. What is the definition of environmental-awareness?

6. What questions should you ask yourself about your workplace that can help you effectively handle a crisis in this setting?

7. What are some basic steps you can take before going out in the field that will keep you safe?

8. What is “family-awareness”?

9. How might individuals act in response to stressors that they are experiencing??

10. There are four phases of escalation that a person may experience. Highlight the key points for each phase of escalation.

Anxiety	Defensiveness
Acting Out	Tension Reduction

11. List four of the elements of active listening.

_____	_____
_____	_____

12. List the different three forms of nonverbal communication and provide an example of each that would improve communication.

13. For family members _____, your responsibility is to set clear limits on those behaviors that may become destructive or dangerous.

14. Identify some signs of imminent danger that family members may exhibit during a home visit.

_____	_____
_____	_____
_____	_____

15. What is the difference between being aware and being hypervigilant?

Awareness	_____
Hypervigilant	_____

Notes: