

FIERANA

Healthcare Worker's Shift Safety Checklist

PRE-SHIFT

- Phone charged, ringer on
- Someone knows your schedule
- Check for patient alerts
- Review high-risk assignments
- Locate panic buttons
- Identify exits in key areas

DURING SHIFT

- Position near exits
- Never get cornered
- Trust gut instincts
- Use buddy system for high-risk
- Know backup signal/code word
- Document incidents immediately

DE-ESCALATION PHRASES

"I can see you're frustrated. Let's figure this out together."

"I want to help you. I need you to lower your voice so we can talk."

"Would you like to sit down, or would you prefer to stand?"

"I'm going to step out and get [item]. I'll be right back."

END OF SHIFT

- Keys in hand before leaving
- Scan parking area first
- Walk with purpose
- Check backseat before entering
- Lock doors immediately
- Text someone you're leaving

EMERGENCY CONTACTS

Security: _____

Supervisor: _____

My emergency contact:
