

SAFETY FIRST

Workplace Violence Prevention

Assault ranks as the third leading cause of workplace fatalities, according to the US Occupational Safety and Health Administration (OSHA), with 525 assault-related deaths reported in 2022. **Workplace violence** encompasses any act or threat of physical violence, harassment, intimidation, or other harmful behaviors that occur within the work setting.

A **zero-tolerance** policy toward violence is one of the strongest safeguards an employer can implement, covering all employees, clients, visitors, contractors, and anyone interacting within the workplace.

Review the tips below for strategies to protect yourself against workplace violence:

- Attend personal safety training sessions to learn how to recognize, avoid, and de-escalate potentially unsafe situations.
- Participate in workplace hazard assessments to help identify and mitigate risks in your environment.
- Avoid traveling alone whenever possible, especially in unfamiliar areas or situations.
- Inform your employer of any disputes or conflicts before they escalate, to ensure timely support and intervention.

If you experience workplace violence, reach out to a trusted manager or coworker for support. Everyone—regardless of gender, position, age, or race—is entitled to a healthy work environment and deserves to return home safely at the end of each day.

Sources: [OSHA](#), [NSC](#)



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