STAYING SAFE

When travelling to attachments, at home sites, DGHs or in the Community, you may visit areas you do not know and experience new situations. It is important that you apply common sense during your placement to minimise any risk of attack. It is always important that someone knows where you are and when to expect you back and this is particularly important if you are visiting a patient in their home.

- Know where you are going and plan your journey to ensure you avoid any 'risky' areas. Do not take shortcuts, stick to main roads and the directions you have been given. If you are worried speak to someone who has been to the place you are visiting to clarify the instructions.

- If travelling on public transport don't wait at deserted stations or stops, and know the times of your trains or buses to avoid waiting. Sit in a compartment with other people or near the driver.

- Be alert. Look confident without appearing arrogant and do not wear a personal stereo.

- Remember to carry some form of identity — other people are entitled to know you are a genuine medical student, especially if you are visiting a patient at home.

- Personal alarms are available from the UCL Union Shop.

If you experience any form of attack — verbal or physical — or feel threatened at any point during your placement make sure you **inform the DGH/practice and Medical Student Administration**. This will protect students in the future and alert the School to possible dangers.