

Lone Working

Do you occasionally work alone? Do you know how to keep yourself safe?

This course will look at:

- Top tips in personal safety
- Developing personal safety / lone working measures
- What to do in an emergency situation
- How to recognise potentially difficult situations
- Danger codes and alert systems

Thursday 18 May 2017

9.30am - 12.30pm

Quaker Tapestry

Friends Meeting House, Stramongate

Kendal LA9 4BH

FREE to all volunteers*

* A £10 cancellation fee applies if a place is cancelled within one week of the training and/or for non-attendance.

Book online: www.cumbriacvs.org.uk/training-and-events OR



Complete and return a booking form to:

- Cumbria CVS, 6 Hobson Court, Gillan Way, Penrith CA11 9GQ
- info@cumbriacvs.org.uk



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