Everyone has the right to be safe

In the UK, "the right to be safe" is a **legal** and **human right** — everyone, including children, has the right to live free from violence, abuse, neglect, and harm, and to be protected by law

What it means

Feeling safe is about being respected, valued, and secure — not being hit, insulted, humiliated, or made to do anything that harms your body, mind, or dignity . It also means protection from sexual abuse, exploitation, neglect, and exposure to dangerous or harmful situations.

In the UK, your right to a safe workplace is protected by law. **The Health and Safety at Work etc. Act 1974** is the main piece of legislation that sets out these protections. It requires employers to do everything "reasonably practicable" to protect the health, safety, and welfare of their staff.

What counts as lone or remote working

The Health and Safety Executive's definition is someone working "by themselves without close or direct supervision". You can be a lone worker in a busy town or surrounded by customers. The issue is whether you have support, not whether the postcode looks rural.

Delivery drivers, domiciliary carers, cleaners, petrol station staff, security guards and homeworkers can all be lone workers. Remote locations add problems of their own, including poor signal, difficult access and a longer wait for help.



Personal Safety for Adults Leaving Work in the UK

Plan ahead, stay alert, and use proven travel and workplace safety practices to reduce risks when leaving work.

1. Plan Your Journey Before You Leave

Map your route in advance and note alternative routes or transport options in case of delays

Avoid walking alone in isolated areas if possible; choose well-lit, busy routes

Tell a trusted contact your exact departure time, route, and expected arrival

2. Workplace and Departure Safety

Secure your workspace before leaving — lock doors/windows and leave valuables in a safe place

Inform your employer if you are working alone (lone working) so they can assess risks and provide support

Use the employer's safety procedures for lone workers, such as check-in systems or emergency contacts

Work as a Team and leave as a group to walk to transport home.

3. Transport Safety

Public transport: Sit near the driver, keep belongings close, and be aware of your surroundings

Taxis/ride-share: Share your trip details with someone before boarding, verify the driver's identity, and sit in the back seat

Cycling/walking: Keep to main roads, avoid isolated paths, and use lights/reflective gear if cycling

4. Personal Awareness and Response

Trust your instincts — if you feel unsafe, change your route or method of travel

Stay alert to your surroundings, including people and environment, and note any unusual behaviour – don't walk with earphones in.

Assert boundaries firmly if approached unsolicited; use a clear "no" and move away

5. In an Emergency

Call 999 immediately for police, fire, or ambulance.

Have key numbers saved (police 999, NHS 111, local council safety helpline)

If chased or attacked, prioritise getting to safety over confronting the threat

6. Ongoing Preparedness

Review your safety plan regularly, especially if your role, location, or travel routine changes

Stay informed about local crime trends and safety resources via your employer or local police

Tip: The Suzy Lamplugh Trust and Keep Safe guidance stress that safety is about preparation, awareness, and self-advocacy — you can't eliminate all risk, but you can significantly reduce it

https://www.suzylamplugh.org/

You can read more about personal safety on this website

https://www.personalsafetyadvice.co.uk