

Warning Signs That an Employee Might Be Experiencing Abuse

Some things to watch for that may indicate abuse:

- Behavior is unusually quiet or withdrawn
- Increase in tardiness or absenteeism
- Employee's partner calls or stops by frequently
- Employee seems distraught or distracted after personal phone calls
- Secretive about or gives confusing information about personal relationships
- Wears concealing clothing, such as long sleeves or turtlenecks, more than usual (especially in hot weather)
- Has bruises or other injuries (frequent injuries are to arms/wrists and neck- though most injuries will not be visible)
- Is hyper-vigilant about his or her safety, and the safety of their children
- Exhibits a reluctance to leave work or go home at the end of their shift
- Employee has had their car vandalized or damaged
- Employee seems distracted
- Harassing phone calls to the employee or about employee to others at the workplace
- Moves frequently
- Has a chemical dependency, or uses drugs/alcohol as an escape
- Uses sick/leave time quickly and without warning

If you notice an employee or co-worker who exhibits some or all of these traits, they may be suffering silently. Take the time to reach out to them, and offer help.

