

KEEP IN MIND

Hopefully, you'll never have to face this type of situation. But in the event the worst does happen, preparing for it by knowing your environment, your choices, and how to help law enforcement will greatly increase your potential to survive.



Active Shooter Preparedness
Health & Wellness

Active Shooter Preparedness

Knowing what to do in an active shooter situation can save your life.

Sadly, active shooter incidents are occurring with increasing frequency. Since these incidents are random, it's hard to predict where and when they might occur, which makes them difficult to prevent. But there are 3 ways you can protect yourself and others: run, hide, and fight.

An active shooter, or hostile intruder, is someone who is killing or trying to kill people in a restricted, populated area. Firearms are often used, but other weapons can include knives, explosives, or vehicles. These incidents usually escalate quickly and only last minutes.

The first way you can be prepared is to know the nearest exits and visualize escape routes in common work locations, like the copy room and break rooms. Trusting your gut is vital. If something sounds like gunfire, act like it is gunfire. It's better to feel foolish than to face a hostile intruder.

RUN, HIDE, FIGHT

When an active shooter situation occurs, you must take 1 of 3 potentially life-saving actions.

- ✓ **Run.** If the intruder is far enough away and you feel you can escape, do so quickly and quietly. Once you're safe, call 9-1-1 and give details (number of intruders, their locations and descriptions, the number of possible victims).

- ✓ **Hide.** If you can't escape, find an office or enclosed room and lock or barricade the doors with something heavy. Turn all lights off. Hide behind something large (cabinet, desk, copy machine). Find anything that can be used as a weapon. Silence all devices. Stay quiet.
- ✓ **Fight.** This is a last resort. You have a higher chance of survival if you fight, so be as aggressive as possible and totally commit to your actions. If with others, quietly create a plan. If alone, figure out how to surprise and incapacitate the intruder. Anything can be used as a weapon (chair, fire extinguisher, heavy objects).

WHEN LAW ENFORCEMENT ARRIVES

The first priority of law enforcement is to take down the intruder, not assist you, so let them work. You can help them in these ways:

- ✓ Remain calm and stay quiet.
- ✓ Don't make sudden movements.
- ✓ Follow instructions.
- ✓ Don't ask officers for help.