Emergency Preparedness

Active Shooter
Top Way to die at work

#1 Car wreck

Tied for #2 & #3
Falling and workplace violence are tied

Workplace violence is the #1 cause of death for women!
As a company we can prevent this...

Don’t hope it will be okay, make a plan!
We can’t count on our heros!
When to speak up?

- When something makes you feel uncomfortable
- If you ever think you should tell someone

It’s okay to sound the alarm.

Do NOT wait until people have died!
FBI Study of 63 Active Shooters (2000-2013)

- 77% of the shooters spent a week or more planning an attack.
- In the months prior, shooters experienced an average of 3.6 separate stressors.
- Each shooter averaged 4 to 5 concerning behaviors:
  - mental health
  - problematic interpersonal interactions
  - leakage of violent intent
Warning Signs

- Anti-Social Behaviors
- Vindictiveness
- Victim Mentality
- Extreme Paranoia
- Uncontrollable mood swings
- Violent Thoughts
- Controlling Personality
- Difficulty Holding Jobs
- Strange Behavior
- Unhealthy Habits
How to survive a mass shooting
RUN...RUN...RUN!!!

- Have at least two escape paths in mind
RUN...RUN...RUN!!!

- Check corners
- Use your camera to look down a hall
- Window escape
School Board Meeting

https://www.youtube.com/watch?v=WeVSDyUES_M
**HIDE**

- Only if the suspect is between you and the exit
- Barricade yourself in a secure room
- Silence phone
- Prepare to fight
FIGHT

- Determine the blind spot in the room
- Attack the shooters head and face
- Ambush the shooter with two people
  - One will attack
  - One will grab the shooters arms while pulling down and away
  - ROLE PLAY TIME!!
Reasons why gun battles are discouraged

- The shooter usually has bigger guns and more ammunition
- Trained law enforcement are only 20% accurate
- Do you really want to be a person holding a gun when the police arrive?
Options for notifying others

- Yell to others around you
- RedPanicButton app
- Click the right arrow on your desk phone, ‘All Page’ will appear to be selected for an intercom announcement.
Emergency Preparedness

- Evaluate workspace
- Determine best path options
- Determine necessary items
- Conduct practice drills
- How will others be notified?
- Designate meeting place