

## ACTIVE SHOOTER EMERGENCY PLAN

### Would you know what to do should an active shooter encounter your workplace?

Stay prepared - it's as easy as knowing how and when to run, hide, and fight. SafetySkills has helped us put together this cheat sheet to print out at your desk, common areas, or for your home. Take a look:

#### RUN

Often a person's natural instinct when confronted with unexpected danger is to freeze, making them an easy target for shooters. Instead, you should run away from an active shooter whenever possible. When running, you should:

- Have an escape route and plan in mind
- Leave your belongings behind
- Try to bring others with you, but don't wait for those who don't want to run
- Move to the exit as quickly and quietly as possible
- Run in a zig-zag motion if the shooter is still in the area

#### HIDE

If running is impossible or unsafe, take shelter in a safe place. Find a hiding spot out of the shooter's view that will provide some protection from gunfire as well as options to escape - an office, classroom or other room with a lockable door is ideal. When hiding, you should:

- Enter the room and immediately lock the door
- Barricade the door with heavy objects
- Tie or wedge the doorknob so that it can't be turned
- Cover any windows with blinds, curtains, or other coverings
- Call 911
- Put all phones on silent and turn off sources of light or noise
- Hide behind thick wood or metal
- Continue to try to think of an escape plan and look for opportunities to run

#### FIGHT

If you are confronted directly by the shooter and cannot run, you can choose to fight. Remember: only fight as a last resort. When fighting, you should:

- Throw anything you can at the shooter
- Make as much noise as possible and never stop moving
- If around other people, try to swarm the shooter and take away their weapon
- Target the head, eyes, throat, fingers, groin and other sensitive areas
- If you get the shooter to the ground, take all weapons away and restrain them
- Place the weapon in a trash can and alert police

Remember: having an emergency plan to help guide you through dangerous situations can be the key to survival, and make sure to call 911 as soon as safely possible. Ensure you know all facility exit areas to ensure an escape route in the event of any emergency.

**For further information on Active Shooter Training, contact Evolved Safety.**

#### Take A Look at Your Training

We know it's tough to talk about, but an emergency plan can be the key to survival in an active shooter situation. Make sure your employees know what to do.

Call or email us to discuss training options at **844.528.4486** or **info@evolvedsafety.com**.