

December 8, 2015

## ***RUN! HIDE! FIGHT!***

Words to live by during an active shooter incident.

We often are **lulled** into routines in our workplaces or visits to the mall.

We are often **distracted** by our electronic devices. We wear headphones or we are reading our screens. We can tend to be so distracted that we are **unaware** of our personal surroundings.

The basic key for survival is to **be aware** of what is going on around you.

If you are in your workplace, **know where all the exits are, places to hide and ways to protect yourself.**

If you are in public, **scan** your environment. As you walk, **assess** where the exits are. Find the service corridors. Consider where the backroom or stockroom exits are.

**Look for people or things that are out of the ordinary.** Watch for things out of character for the area or conditions, such as abandoned luggage or shopping bags.

**Keep an eye out for people with erratic or unusual behavior** such as a lone individual stationary near public exits wearing heavy clothing and carrying gear bags.

Plan ahead. **Think about what you'll do** in an emergency. Talk with your family and close friends.

**React!** Don't be a deer in the headlights. Don't dismiss activities as safety drills or training exercises. Move away.

Human nature; People will panic. Stampedes to common exits can be kill zones. People will trample and be trampled. **Choose the unconventional exit.**

**Warn others** as you run but don't let them slow you down.

Once you are away, **stay calm** and call 911. Be prepared to provide information.

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If you can't get out, **HIDE**.

Lock you self in. Turn off lights. Silence your phone. Use the cover of heavy objects.

**Be prepared to FIGHT. Look for** objects that could be used as **weapons**. Fire extinguishers, chairs, sticks, weighted objects.

Remember, the primary function and focus of responding police officers is to stop the shooter. They may not be there to rescue you yet.

Stay calm. Don't run to them. Officers will be at a heightened state of alert.

They will react to anything they perceive as a threat to their safety.

**Follow the instructions of the police. Keep your hands up and in plain view.**

**Trust your instincts.** If things don't seem right, take action. **Leave and report.**

Resources:

[readyhoustontx.gov](http://readyhoustontx.gov)

[activeshooter.lasd.org](http://activeshooter.lasd.org)