## PERSONAL SAFETY IN THE WORKPLACE

Don't expect to rise to the occasion; but plan to fall to the level of your preparedness.

#### WHY ARE WE HERE?

- Violence In The Workplace
  - Particularly, Active Shooter Events
    - The intent is not turn you into a doom's day prepper, but to make you think

"It's something we have to prepare for. As much as we might like to think that that'll never happen here, it's that kind of attitude that gets people hurt."

- Sgt. George Vinson, Fargo Police Department

#### **OBJECTIVES**

- Workplace Violence
  - Prevention
  - Planning
  - Helping Yourself and Helping Others
- There are NO guarantees!
  - Provide options
  - Increase your chance of survival
  - Make you think

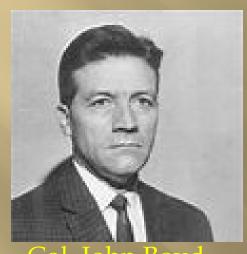
#### THERE ARE NO GUARANTEES!

When an Active Shooter event begins, there is a moment, a crystal-clear point in time, where you realize the gravity of the situation.

#### ACTIVE SHOOTER EVENTS

#### Prevention

- Who are Active Shooters?
- Report unusual behavior
  - Co-workers, Spouses, Etc.
  - CARE
  - Five Phases of an Active Shooter
    - Fantasy Phase
    - Planning Phase
    - Preparation Phase
    - Approach Phase
    - Implementation Phase



Col. John Boyd



#### ACTIVE SHOOTER EVENTS

- Planning, applies to the company & <u>YOU</u>
  - The Company is doing their part today
  - Develop a plan
  - Rehearse your plan (physically & mentally)
    - Identify flaws in your plan
    - Make the necessary corrections
  - Rehearse your plan again (physically & mentally)
    - Identify flaws in your plan
    - Make the necessary corrections
  - Develop alternate plans.
    - Plan B, C, and D

Insert Active shooter video Here

- Sound the alarm
  - Let Co-Workers know if possible
    Personally, P.A. system anyway possible each person you notify may be a life YOU saved.
  - Fire alarms?

- Weigh your options
  - <u>Run</u> (if it is your best option)
    - Get out the nearest safe exit
  - Hide (if it is your best option)
    - Lock doors
    - Turn out lights
    - Stay silent (mute cell phones)
    - Barricade the door if it opens inward
    - Outward opening doors with no locks?
    - Other locations?

- Weigh your options
  - **Fight** (if you are in danger & it's your last, only or best option)
    - But they have a gun, and I don't
      - Take their advantage away
    - Fight like your life depends on it.
    - Do not fight fair
    - Improvised weapons

#### ■ Call 911

- Give the best description you can, and the suspects last known location/direction of travel
- The quicker the police arrive, the better your chances are of surviving
- Often this stops the gunman, usually by his/her own hand
  - If he/she is focused on the police, he/she is not focused on you

#### What To Do (Cont'd)

- When the initial police officer(s) arrive
  - They are not there for you
    - Keep your hands visible
    - Try and remain calm
    - Follow instructions
    - Avoid sudden movements, pointing and yelling
    - Do not run towards the Officers
    - Help for the injured is on the way

"Awareness means understanding that workplace violence can impact ANYONE, in ANY work setting, and across ALL levels of employment"

#### **CCDW**

"I don't need a CCDW license to carry a gun, so I carry one everywhere I go."

"I will be the HERO that saves the day."

# Don't think, "It won't happen to me", life has a funny way of proving you wrong!



## HAVE

A

PLAN!!

### ANY QUESTIONS??