WORKPLACE SAFETY
“RUN, HIDE, FIGHT”

You WILL SURVIVE!

Presented by the Huntington Beach Police Department
Critical incidents **will** happen anywhere and at anytime.

Critical incidents are often over before Police or Fire personnel arrive.

- This means that you are the first responder.

What you do or fail to do could be the difference between life and death.

You must be **prepared both mentally and physically** to deal with one.
FACTORS, MOTIVATIONS, & INTENT

- Emotional
- Mental Illness
- Addiction
- Retaliation
- Control
- Escalation/Rage
- Principle
- Notoriety
- Extremism

There is no rationalizing or negotiating with a driven individual who has already been thinking and planning!
WHAT DOES THIS PERSON LOOK LIKE?

- Current or Former Employee
- Member of the public
- Family Member
- Strangers
WARNING SIGNS AND INDICATORS

- Sudden Change of Behavior
- Withdrawal From Friends/Co-Workers
- New Usage of Unacceptable Language or Behavior
- Fixation with Violence or Death
- Social Media
- Armed with a rifle, pistol, knife, stick, etc.
- Dressed in military/tactical looking gear
- Acting Suspiciously
- Threatening Actions or Behaviors
- NO INDICATORS OF ANY KIND!
IF YOU SEE SOMETHING, SAY SOMETHING!
If it feels wrong, it probably is.
Don’t be indecisive or inactive out of fear of embarrassment or ridicule.
If proved wrong you can always apologize.
If you were right, and did nothing, there will be consequences that you have to live with.
WHO SHOULD YOU TELL?

- Another Employee
- Supervisor
- Manager
- Human Resources
- Campus Public Safety (714)895-8924 24hr
- Campus Public Safety Emergency (714)895-8999
- POLICE/FIRE - Dial 911 or 9-911 – Leave off the hook
- Non-Emergency/Investigative HBPD(714) 960-8825
- OC Crime Stoppers 1-855-TIP-OCCS
- We Tip Hotline 1-800-782-7463
- ANYONE!

WHAT ABOUT SOCIAL MEDIA?
A violent intruder is an individual or group actively engaged in killing or attempting to kill people in a confined and populated area.

- Usually involve firearms
- No Pattern or Method
- Sometimes victims selected at random
- Event is unpredictable and evolves quickly
- Knowing what to do can save lives
“RUN, HIDE, FIGHT”

https://youtu.be/5VcSwejU2D0

https://www.youtube.com/watch?v=pY-CSX4NPtg
From the moment a crisis begins, until the moment help arrives

**ACTIONS**
- RUN
- HIDE
- FIGHT

**COMMUNICATE**
- OBSERVE & DECIDE
- TALK & SIGNAL
- CALL & SMS

**TREAT**
- MASSIVE BLEEDING
- AIRWAY
- BREATHING

**FIRST CARE PROVIDER**
- www.FirstCareProvider.com
- www.s-med.org
- www.TangoMikeTM.com
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Situational Awareness. This starts with your state of mind. Teamwork!

- Pay attention to your surroundings.
- Have an exit plan.
- Move away from the source of the threat as quickly as possible.
- The more distance and barriers between you and the threat, the better.
When getting away (Run) is difficult or maybe even impossible.
- Keep distance between you and the source of the threat.
- Create barriers to prevent or slow down a threat from getting to you.
- Turn off lights.
- Remain out of sight and quiet by hiding behind large objects and silence your phone.

Turn off TV, radio, and other sources of noise. If you choose to hide, find a secure place...
Cover & Concealment

Cover - Protects from bullets
Concealment - Hides from view

Your hiding place should:
- Be out of the attacker’s view
- Provide protection if shots are fired in your direction
- Not trap or restrict your options for movement or fight
BARRICADE

- Control Entry Points
- Cover vs Concealment
- Safe Corners
- Silence!!
- When to leave
- Cover windows
ACTION

Focus on subjects Eye Sight, Ability to Breathe, and Ability to hold Weapon

• Throw
• Spray
• Hit
• Rush and tackle
• Isolate weapon and move towards the ground
• Control subject until help arrives
• Be aggressive and committed to your actions
• Do not fight fairly. THIS IS ABOUT SURVIVAL.
FIGHT TO WIN!

- Have a plan
- Distractions
- Deny a path/obstructions
- Improvised weapons
  - Fire extinguisher
  - Projectiles
  - Hot Water
  - Blankets
COMMUNICATION

Hand and Arm Signals, Fire Alarm, Break Windows
MASSIVE BLEEDING

STEM MASSIVE BLOOD LOSS
APPLY MANUAL DIRECT AND/OR INDIRECT PRESSURE
APPLY A TOURNIQUET AS HIGH ON LIMB AS POSSIBLE
& TIGHTEN UNTIL BLEEDING STOPS

Apply Pressure
- KNEE
- ELBOW

Tourniquet
- BELT
- STRAP
- STICK
- ROD

Chest Seal
- ZIP-LOC BAG
- SANDWICH WRAPPER
- PLASTIC

AIRWAY

MAINTAIN COMMUNICATION
ROLL CASUALTY ONTO THEIR SIDE
OPEN THEIR MOUTH
LIFT THEIR CHIN

BREATHING

CALM AND REASSURE
LOOK FOR WOUNDS TO CHEST, BACK, NECK, ABDOMEN
ALLOW THEM TO SIT COMFORTABLY
IF AVAILABLE SEAL CHEST WOUNDS
Primary Mission: STOP THE THREAT

- Keep your hands visible at all times
- Remain calm and follow instructions
- Avoid pointing or yelling
- Know that help for the injured is on the way

https://www.youtube.com/watch?v=BmcSsc0TZxU
WHAT SHOULD YOU DO NOW?

• Go back to your work area and answer the questions in the lockdown discussion guide.
• Discuss these items with your peers.
• Become familiar with the “Run, Hide, Fight” training.
• Discuss, Train, Practice, and Repeat on a regular basis.
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