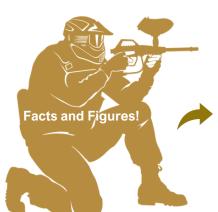
Understand Active Shooter Situations

The U.S. Department of Homeland Security describes an active shooter as "an individual actively engaged in killing or attempting to kill people in a confined area."

- There were 28 active shooter incidents in the U.S. in 2019 - FBL These spanned across 16 states, resulted in 247 fatalities and 281 people wounded.
- The locations included commercial areas, institutions, and places of worship.
- FBI study shows, 70% of incidents end within 5 minutes, and 60% are over before law arrives.



- While the U.S. sees many such events, it's worldwide. Attacks in Paris (2015) and Mumbai (2008) illustrate the global nature of the threat.
- Constant media coverage might make these events seem frequent, but they are statistically rare.
- Believing "it couldn't happen here" is a common but potentially dangerous misconception.

Recognize Warning Signs

Here are some behaviors that might not be a definitive proof but can act as warning signs:

- Unexpected or aggressive behavior
- Excessive interest in firearm or violent incidents
- Expressions of hopelessnes or severe stress
- Discussions about suicide

Communicate

Making a call to emergency services is often the first step. State your exact location.

Describe the shooter, his weapons, and behavior. Mention the number of victims.

Use a pre-designated alert system.

Group texts or apps like WhatsApp can be useful. Try hand gestures if needed.

If communicating can endanger you, stay silent or speak softly.

Principles for Active Shooter Response

Before you decide your action, take a moment to understand the threat's location and direction.



Run: Your First Line of Defense

Look for multiple exits but avoid elevators.

Get a quick mental map of your path and lead the way for others.



Hide: If Running Is **Not an Option**

Avoid obvious places & choose a spot that can shield you from bullets.

Focus on breathing and stay quiet.

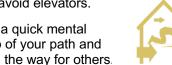


Fight: As a Last Resort

Objects like pens, keys, or coffee pots can be used.

Eyes, throat, and groin are potential targets.









Detailed Response Strategies

The best practices for evacuation in active shooter situations are:

Familiarize yourself with exit points every time you walk into a new place – gym, store, bank, etc. Side or back exits could be safer and less crowded.

Prefer stairs over elevator (might be a trap or turned off) for safe evacuation.

Take deep breaths to calm your mind and think clearly.

Stay low by crouching or crawling to reduce your visibility and make yourself a less likely target.

Staying silent can be a lifesaver, but communication is still key. So, inform someone or **911** of your situation via text (less intrusive than a call).

Support the vulnerable like kids and elderly. Identify temporary hiding spots, like closets or restrooms for a momentary respite.

Participate in and take evacuation drills seriously as preparation can reduce panic and increase responsiveness.

Survival Skills When Hiding

Keep the following points in mind when hiding:

- ← Try not to be in direct line of sight from any windows.
- Turn off ringers, vibrations, and notification sounds.
- Think about what you might use as an improvised weapon if needed.
- ← Listen carefully to discern if the threat is moving away or getting closer, to plan your action.

Self Defense Against the Shooter

Essential moves that everyone should know:

Go for Vulnerable Points:

Eyes: A thumb press can blur an attacker. Throat: A sharp jab here can hinder breathing. Groin: It's a sensitive area for both genders. Knees: A strong kick can destabilize the shooter.

Disarm the Shooter:

Divert the weapon away from you or grab the shooter's weapon-hand while using your other hand to control.

Handle Post-Event Actions

Interact with Law Enforcement

Follow their instructions promptly It's crucial for officers to see your hands. This ensures them you're not a threat. But avoid sudden movements.



Don't speculate! Give them clear details about the shooter, number of individuals involved, or any injured persons.

If your testimony or account is needed later, be sure to stay available.

Manage Trauma and Recovery

After such incidents, consider counseling or support groups to process trauma.

Limit exposure to distressing media or conversations that trigger the episode memory.

Ask for professional support like cognitive behavioral therapy or exposure therapy to help reframe negative thought patterns.

Implement Proactive Safety Measures

Build an Active Shooter Response Plan

Identify all exits, hiding places, quickest routes to safety, and vulnerability areas.

Assign roles – team leader, communication coordinator, safety checkers, etc.

Consider tools like intercoms, text alerts, or specific apps to relay info.

Identify rooms to hide that lock from the inside and have minimal windows.

Coordinate actively with local law enforcement.

Train for the Active Shooter Situations

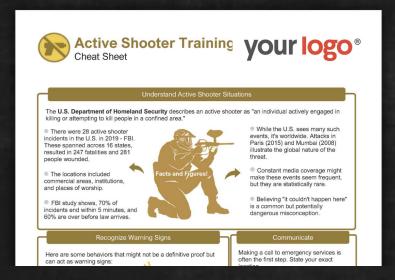
Unexpected drills, while disruptive, mirror the unpredictability of real-life incidents. So, conduct drills at least twice a year and simulate different.

Invite local police to share their expertise and advice. Hear out survivor stories to know their perspectives.

VR scenarios can immerse staff in realistic situations, enhancing the training experience.









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