



Emergencies involving violence unfortunately are a real possibility in today's workplace. How we prepare for and respond to these emergencies may help ensure better outcomes of violent situations.

Knowing the proper emergency procedures in these situations could be the difference between life and death.

An "active shooter" is a person trying to shoot or kill people in a populated area. Active shooter events usually are over within 10-15 minutes – often before law enforcement arrives.

#### **QUICKLY DETERMINE THE MOST REASONABLE WAY TO PROTECT YOUR OWN LIFE.**

- **Run.** Escape quickly and quietly. Leave your belongings. Call 9-1-1 when safe.
- **Hide.** If you can't safely escape, hide. Block entry to your hiding place. Turn off lights, lock the door, hide behind a large item, silence cell phones, stay quiet. Call 9-1-1 when it is safe. If you can't talk, leave the line open so the dispatcher can hear what is happening.
- **Fight.** As an absolute last resort, act aggressively. Throw items, improvise weapons, yell. Commit to your actions.
- **Follow police instructions.**

Review the following video (warning: graphic content) [Run. Hide. Fight. Surviving an Active Shooter Event](#)