# SAFETY AWARENESS AND PREPARDENESS

## LONE WORKER

- **OBJECTIVE**

“PRESENTING FOUNDATION TRAINING/SUSTAINMENT THAT PROVIDES THE LW WITH THE ABILITY TO PERFORM SURVIVAL SKILLS NEARLY FLAWLESSLY UNDER EXTREME STRESS AND DURESS WHILE SCARED”

- **OVERVIEW**

# SAFETY AWARENESS AND PREPARDENESS

- ADMINISTRATION
- SAP TNG OVERVIEW
- WHAT IS AN “EVENT?”
- PSYCHOLOGY OF THE EVENT
- PREPARING FOR AND NAVIGATING- SURVIVING THE HIGH RISK ENCOUNTER
- PPE
- SURVIVAL TTPs

- **ADMINISTRATION**

- PROGRAM TRAINING PHILOSOPHY…

**“Training at the Speed of Real”**

- **COMFORTABLE**
- **CONFIDENT**
- **COMPETENT**

**“Progression Style Training”**

# QUESTIONS?

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# SAFETY AWARENESS AND PREPARDENESS

THE EVENT

# WHAT COULD WE FACE?

# SAFETY AWARENESS AND PREPARDENESS

- INTRUDER
- CAR JACKER
- DISGRUNTLED PATRON-CLIENT
- ACTIVE SHOOTER (School-Work-Public-Job Site)
- HRE (School-Work-Public-Job Site)

# THE MOST DANGEROUS THREAT IS?

# THE THREAT YOU ARE CURRENTLY CONFRONTED WITH…

# QUESTIONS?

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# SAFETY AWARENESS AND PREPARDENESS

**HRT EVENT PSYCHOLOGY**

# THE PSYCHOLOGY OF OPERATING IN A HIGH RISK ENVIRONMENT

# THE KEYS TO OPERATING SUCCESSFULLY???

- PROPER TRAINING
- PHYSICAL CONDITIONING
- PROPER AUTHORITY
- UOF-ROE

WHICH EQUATES TO…

# PROPER MINDSET

# WHAT ARE THE FACTORS THAT CAN AFFECT PROPER MINDSET???

- STRESS

  - PHYSICAL
  - PHYSIOLOGICAL
  - PSYCHOLOGICAL

- FEAR
- HUNGER
- FATIGUE
- OPERATING ENVIRONMENT (COLD-HOT-WET-RV)
- THREAT ENVIRONMENT

# THE OODA LOOP FACTOR

# THE OODA LOOP

# WHO OR WHAT EXACTLY IS THE OODA LOOP???

# THE OODA LOOP

## (DECISION MAKING CYCLE)

- OBSERVE
- ORIENT
- DECIDE
- ACT

# SITUATIONAL-TACTICAL AWARENESS

- WHITE---Unaware
- YELLOW---Relaxed Alert/Observe
- ORANGE---Specific Alert/OOD
- RED---Fight/Act

# THE ULTIMATE DECISION IN A HIGH RISK THREAT EVENT

# DE-ESCALATE…

# ESCAPE…

# SHELTER…

# FIGHT…

# COMBINATION OF ABOVE…

# WHO DECIDES AND WHAT IS THAT DECISION BASED ON???

# YOU DECIDE…AND RESULTS ARE BASED ON YOUR SITUATION…

# WHAT ARE THE RESULTS OF YOUR DECISION NEAR AND LONG TERM?

# SURVIVAL OR HARM…

# QUESTIONS?

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# SAFETY AWARENESS AND PREPARDENESS

**PREPARE FOR THE EVENT**

# PREPARING FOR THE ENCOUNTER


40

# 1. TRAINING and CONDITIONING

# 2. AUTOMATICITY

# 3. OPERANT CONDITIONING

# 4. DESENSITIZATION

# 5. OPERATING UNDER AUTHORITY

# THE INDIVIDUAL WHO HESITATES POTENTIALLY FACES HARM TO THEMSELVES AND/OR OTHERS...

# QUESTIONS?

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# SAFETY AWARENESS AND PREPARDENESS

PPE

PEG
PROTECTIVE EQUIPT GEAR

Snack Items
(2) Pair Surgical Gloves
Water
(1) Survival and Medical Kit (small)
Israeli Bandage/Tourniquet
(5) Blue Light Sticks
(1) Handheld White Light with extra batteries
(1) Small Breaching Tool
(1) Multi-Tool (if not carried on person)
(3) Door Stops
(1) Large Can of RAID
(1) Notebook (small)
(1) Pen and/or Pencil
(1) Permanent Marker
(1) Emergency Numbers List

# QUESTIONS?

# SAFETY AWARENESS AND PREPARDENESS

**LW SURVIVAL TTPs**

# TTPs

When someone breaks into your home, work or vehicle there is no room for hesitation. Your life and the welfare of your family are in your hands. The key to surviving the HRE whether at home, work, in your vehicle or open air is to prepare, train, sustain and rehearse.

In other words take the time IMMEDIATELY to build a realistic HRE response plan and educate yourself on all the aspects that you might feel you are lacking in. Put the training and the resources in place – both physical and mental. Learn how to defend yourself from a violent attack. Understand how criminals might enter your property and make it harder for them to do so. Commit the family to learning, practicing, and memorizing what to do and how to do it. It must stick in their minds so that they can just move into action without thinking. Security is based on putting the protocols in place that become habits not hindrances. If you put a whole system of self-defense together and then neglect to abide by it then it's useless. If you make it so complicated or, on the other hand, so simple that it's inherently lacking, then you lose, too. It must be decisive, direct, and devastating to an attacker who crosses your line of defense.

# The Magnificent 7

## (Simple Home / Work / Vehicle / Open Air HRE Response Tactics)

# # 1

1. Utilize an awareness system that gives you the best situational/tactical awareness:

OODA LOOP

- ❑ Observe
- ❑ Orient
- ❑ Decide
- ❑ Act

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- ❑ White (Unaware-unprepared)
- ❑ Yellow (Relaxed Alert---Observation Loop)
- ❑ Orange (Specific Alert---Observe, Orient, Decide Loop)
- ❑ Red (Fight---Act Loop)

In addition have a minimum of 3 but preferably 5 different escape routes that everyone knows and have rehearsed. The best-case scenario is to utilize PACE when planning routes:

P---Primary
A---Alternate
C---Contingency
E---Emergency

# # 2

**2. Make sure multiple hiding places are possible in the event that escape isn't an option. Remember from just above, more than three, at the least. Although exiting a potential violent encounter is always the best route, sometimes it is impossible to make that happen. So there always must be a second set of variables put in place.**

# # 3

**4. If regulations/protocol allows for the carry of a licensed CC firearm know where it is at all times. It should always be ready to use.**

# # 4

4. Always keep PEG (a bailout bag), maintained, and ready to go. It should have all the basic necessities to operate/fight from in a shelter or an escape and evade situation. Insure that the bag is located where it can be accessed.

The size of the bag(s) and what you put in them depend upon what area of the country you live in and what the regional weather is like there at the time (some contents of the bag may change seasonally), how many days supplies need to last for, and how many people the bag is to service.

# # 5

**5. Exterior routes, rendezvous, and relocation. You must create provisions for where to go once you get out of harms way, how to link back up with other household/workplace/vehicle members, and where you are all going to head to after that. Also there must be protocols in place for what to do if someone didn't make it out or is unaccounted for. Has LE been called? Are there other possible perpetrators in the vicinity that need to be dealt with?**

# # 6

**6. Learn how to create improvised self-defense tools on the spot. Some refer to these as improvised weapons utilized in either a "defensive" or "offensive" role. With great knowledge comes great responsibility and we have to make do with make-shift tools and train our intuition to take action in an emergency situation.**

# # 7

**7. What do you do when you have to actually fight back with your bare hands? Fight back with all your might. Don't stop and don't give up until the threat no longer exists. When all possible options are exhausted it is without a doubt better to be judged by 12 rather than carried by 6. This is the case in most home/workplace/school/open air high-risk events. The eminent threat of death, rape, or torture is not a judgment call that can be made in the matter of time that you have in a potentially violent situation that has already begun to take action with the unlawful entry into/around your property, workplace/school.**

# SURVIVAL-WHAT TO DO

**ESCAPE/EVACUATE**

- If a safe path is available, run
- Always try to escape or evacuate even if others insist on staying
- Encourage others to leave with you but don't let their indecision slow down your escape
- Try to prevent others from entering the danger zone.
- Keep your hands visible for law enforcement
- Call 911 from a phone to report the incident and description/location of shooter(s)

**SHELTER/HIDE**

If you can't escape, find a place to safely hide and be silent

- Turn out lights, close window blinds/curtains, lock doors if possible and silence your cell phone ringer and vibration mode
- Barricade doors and windows if able to with furniture and other objects
- Stay low to the ground but don't sit down; be prepared to move
- Gather items to use for self-defense
- Identify other methods of evacuating should the opportunity to escape occur (other doors, stairwells or windows)
- Render first aid to the injured if safely able to do so
- If unable to evacuate, remain in place until the "All Clear" is announced by law enforcement in the area
- If safe to do so, call 911 and report your location. If shooter is in the area and able to be heard, call and keep the line open for dispatchers to listen

**FIGHT**

- As a last resort, act with aggression and use improvised weapons to distract and/or disarm the shooter
- Throw objects at the shooter's head – aim for their eyes
- Work together as a team if others are present
- Upon use of a distraction device, immediately attempt to escape or take down the shooter
- Commit to action as your life is at risk
- Remove the weapon from the shooter's reach and safely hide it – do not handle it because law enforcement may perceive you to be a threat
- If taking down the shooter, immobilize all limbs (arms, legs, head) until law enforcement arrives

Under all circumstances, if you decide to flee during an active shooting situation, make sure you have an escape route and plan in mind. Do not attempt to carry anything while fleeing; move quickly, keep your hands visible, and follow the instructions of any police officers you may encounter. Notify authorities of the location of wounded people as soon as possible. Do not try to depart your staging area until advised it is safe to do so by LE.

# QUESTIONS?

# PROGRAM REVIEW…

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“ALMOST INVARIABLY INDIVIDUALS UNDER STRESS-DURESS, PROVIDED WITH NO TIME TO THINK, WILL DO EXACTLY WHAT THEY HAVE BEEN TRAINED TO DO”

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