

Safety and Preparedness
It is wise to be prepared.

Knowing what to do in an emergency can save your life and others lives.

Knowing what to do in event of choking, severe bleeding, stoppage of breathing and poisoning is life saving knowledge. Buy a first aid quick chart (bookstore has them) or get a first aid book. Better yet take a first aid and CPR class. Some are offered here. Some are almost free.

Here we are in one of the safest environments in the world. We have 911 to call and we here even have our own real police force just a few minutes away.

Even your teacher has experience as a fireman and Military Police and in public safety.

However, there is an extremely rare event that can happen that you should at least be empowered on what to do in the unlikely case that it might happen. That is an active shooter at your work, or when you are out and about or even here. In fact we have had three active shooter alerts in just the last year or so.

What to do. Is summarized by our campus police in the training I took from them as: **Run** if you can. **Hide** if you can. And **fight** as a last resort.

The reason for these preparedness notes on this is because our room is a special situation. If we get an alert that says evacuate we will do that. If we get an alert that says lock down we will do that. And we have a good lock on the door. The problem with our room is that it is by an unmonitored entrance and that it has a small window a gunman can use to see everyone in our room. There is no place to hide. And due to the crowded lab situation there is not enough room to hide under desks which will not stop a bullet anyway. Instructions also say turn off the lights but that does no good as we have windows all around so lights off still means that a potential shooter can still see everybody. Covering the window is against school policy. I had the window covered by dark paper and it was removed by the associate dean within a couple of days and I was called into a meeting and reprimanded for putting the paper up and showing the Run Hide Fight video our campus police recommended. That paper over the window makes this room an extremely safe place as any potential shooter will pass it by rather than break his shoulder trying to get in. All of the desks are secured so there is nothing we can put in front of the window. The window will not stop bullets. What should be done if a potential active shooter should come in the door? If we do nothing people could die. So the advice from the police is this since we are all in the line of fire:

Get prepared. Get things in your hand that can be thrown at the gunman to distract him.

Station two people on both sides of the door.

If the gunman comes in, class members throw things at him to distract him. Even a 1 second distraction helps. The closest person to the gun forces it down. A person on each side each grabs one of his arms. A third hits the back of his knees forcing him to fall. Then people pile on him and hold him down. Meanwhile the gun is removed from his grip by any means possible and the wastebasket is put over the gun. Do not pick it up. More people may be needed to hold down a strong man so he can not get up. 911 is called and notified of the capture. When they arrive everyone not involved with holding the gunman down puts hands up.

Here are two short videos on this. Please look at both of them and write down what you think about it.

Practical Response on college campus <https://www.youtube.com/watch?v=ppIrzuYIvDk>

[Last Resort ACTIVE SHOOTER SURVIVAL Measures by Alon Stivi](https://www.youtube.com/watch?v=r2tIeRUbRHw)

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