

The Disclaimer

We are not trying to provide three hours of seminar training in one small brochure, and we strongly encourage everyone to attend a formal self-defense seminar in your area if you can, but we hope these tips may help you in the mean time.

The best form of self-defense is getting involved. Report suspicious activity in your neighborhood or when you're out and about. Be a part of your neighborhood watch, or be the genesis of one in your area. Be a good neighbor to the elderly on your street or in your building. All of these things develop a caring and compassionate community that will respond effectively in a crisis....all things that opportunistic criminals want to avoid.

The tips and techniques we present are far from exhaustive, may have more suitable alternatives for your particular circumstances, and may not apply in your "neck of the woods." Use them as a guide to start you thinking along safety and security lines without getting overly paranoid.

Let us know if you think we should add, or amend, any of the included tips.

Community Patrol USA

Every effort has been made to ensure the accuracy of the techniques and information provided and discussed in this document. At the time of printing and presentation this document the materials are, to the best of our knowledge accurate however anomalies, omissions, and factual errors may exist. This document may be modified at any time without prior notice either in part or in full.

Community Patrol USA is a not-for profit group run entirely by unpaid volunteers who have a focus and commitment to enhancing and improving the safety and security of the communities they live and work in.

Ken Craig

Chief of Patrol

415-967-3080

KenCraig@CommunityPatrolUSA.org

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COMMUNITY PATROL USA

EZ-DEFENSE

Campus & Office Safety



Share with family, friends and colleagues to help keep everyone a little safer.

SAFETY IS A COMMUNITY EFFORT

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Campus & Office Safety

KNOW the emergency telephone number for your office, building, or campus

FAMILIARIZE yourself with the emergency situation protocols, plans, and communication methods. If there are none, push to have them established

FOLLOW the instructions provided by emergency responders while you believe it makes sense, but ultimately, use your own common sense if something doesn't seem correct.

JOIN the Emergency Planning Team (EPT) to become involved in the planning and preparation for any emergency situation.

REPORT anything suspicious or anyone acting in a suspicious manner to the appropriate on site or law enforcement agency.

IN CASE OF an emergency, know where the exits are, where the assembly areas are, and how to sound the alarm to warn others.

IF A FIRE BREAKS OUT, evacuate immediately to the pre-determined assembly area until you are certain the danger is over. Don't wait to be told to evacuate by security or fire personnel. Minutes can mean the difference between survival and death.

IN CASE OF A CHEMICAL RELEASE, know the details of how to shelter in place. Use wet towels or wet paper to plug openings and block air vents that may bring toxic chemicals into your environment. Use local radio emergency broadcasts to listen for the all clear.

IN CASE OF AN EXTERNAL INCIDENT, that forces evacuation of your building or campus, know the many egress routes available to you. Encourage your building or campus to conduct occasional tests and practice evacuations.

IN CASE OF AN EARTHQUAKE, Drop to the floor/ground, cover your head and neck with your hands or a solid object and wait for the shaking to stop. If you find something solid to cover under, hold on to it so it does not move away from you during the shaking. **DROP, COVER, HOLD.**

If you can't find anything to shelter under, move as close to the wall as possible and remain there until the shaking stops.

Don't run out of a building or structure unless it is literally collapsing around you. Falling debris outside the structure is probably more dangerous than remaining within the structure.

Once the shaking has stopped, take stock of your surroundings. Provide aid to injured if you are able and trained to, and leave the structure as soon as it is safe to do so and make your way to the designated assembly area.

IN CASE OF AN ACTIVE SHOOTER, run away as quickly as possible to a safe location if possible, utilizing any cover available as you escape.

Don't let anyone you pass during your escape enter the danger area. Advise everyone you reasonably can of the situation as you escape.

Once safe, report to a law enforcement or building security resource to let them know you are out, and provide any additional information you may have about the incident.

Don't be tempted to approach or "talk down" an active shooter, even if you know them. Leave it to the professionals who are trained and equipped. Get to safety as soon as possible and provide any relevant information to law enforcement.

If escape is not possible or a safe route is unknown, know how to barricade yourself in a strong position to create a safety zone for yourself and others using tables, filing cabinets etc.

Lock and barricade the door to your safe zone room, and do not open the door for anyone or any reason unless you are certain they are law enforcement personnel.

Turn your cell phone ringer to silent and avoid making any unnecessary noise in your safe zone space until you are rescued.