

# Active Shooter Preparedness

Take an active role in your own safety.

## Run

- Pre-plan your escape
- Leave your belongings behind
- Take your cell phone if safe to retrieve
- Keep your hands visible
- Only stop to help others if safe to do so
- At the first sound of gunshots, flee in the opposite direction
- Remember: distance equals safety
- Warn others as you leave and urge them to follow you
- Don't stop until you are sure you are clear from danger
- Check yourself for injury when you arrive at a place of safety

## Hide

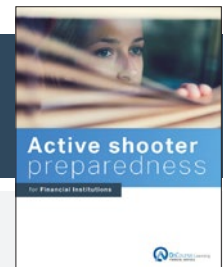
- Hide in an area out of the shooter's view
- Block entry to your hiding place and lock doors
- Silence your cell phones or any device that makes noise
- Remain silent

## Fight

- Fight only as a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the shooter
- This is the final option, so give it all you have
- Group action is more effective than individual action
- Prepare mentally to fight back
- Don't leave an area of safety to fight
- Commit to your actions
- Maintain your survival mindset
- Throw things, shout, and move around to keep your attacker off-guard
- Swarm the attacker
- Secure the weapon
- Mentally practice your personal protection plan

Want more actionable tips? Download our full eBook:

Active Shooter Preparedness Training for Financial Institutions  
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