WORKPLACE VIOLENCE

**Prepare**
- If you see suspicious activity, let an authority know right away.
- Many places, such as houses of worship, workplaces, and schools, have plans in place to help you respond safely. Ask about these plans and get familiar with them.
- When you visit a building such as a shopping mall or healthcare facility, take time to identify two nearby exits.
- Map out places to hide. Behind solid doors with locks, under desks, or behind heavy furniture.
- Sign up for active shooter, first aid, CPR, and Stop The Bleed training.

**Warning Signs**
While there is no way to predict an attack, you can be aware of behaviors in coworkers that might signal future violence.
- Excessive use of alcohol or drugs
- Unexplained absenteeism, change in behavior or decline in job performance
- Depression, withdrawal or suicidal comments
- Resistance to changes at work or persistent complaining about unfair treatment
- Violation of company policies
- Emotional responses to criticism, mood swings
- Paranoia

**Active Shooter/Hostile Person**
**RUN** and escape, if possible
- Getting away from the shooter is the top priority.
- Leave your belongings and get away.
- Warn and prevent individuals from entering an area where the active shooter may be.

**HIDE**, if escape is not possible
- Get out of the shooters view and stay quiet.
- Lock and block doors, close blinds, and turn off lights.
- Try to communicate with police silently. Use text message or social media to tag your location or put a sign in a window.

**FIGHT** as absolute last resort
- Commit to your actions and act as aggressively as possible against the shooter.
- Throw items and improvise weapons to distract and disarm the shooter.
- Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.

For more information please visit, Ready.gov National Safety Council (nsc.org)