

# **RUN HIDE FIGHT**

SURVIVING AN ACTIVE SHOOTER

## **Non-Firearm, Safety Training**

### **Awareness, Preparedness, Prevention**

### **LOW Cost, Life Saving Ideas and Proven Methods!**

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#### **Overview- *JUST ONE IDEA CAN SAVE YOUR LIFE!***

Do you know what to do if you hear shots fired in your workplace, school, church or restaurant? Do your kids know? Most people have no idea what to do...and why would they, without training? The U.S. Department of Homeland Security has recently developed the: **Run, Hide, Fight, Prevention** methodology. This training series covers each of these proven life saving techniques along with active shooter psychological case studies, risk statistics and prevention strategies. Included is a building security assessment, multiple timed employee or student escape and barricade building drills. Pepper spray, fire extinguisher live hands-on outdoor drills and workplace improvised defensive training. Also, preparing and training your threat assessment teams in prevention and reporting methods. On-site, timed drills, videos, small group discussions and partner drills can be conducted during the classes. Hands-on demonstrations of low cost, close contact, defensive tools: safety cats, expandable batons, pepper spray, strobe flashlights, stunners and fire extinguishers can be conducted. Keep your coworkers and kids safe!

**Customized training for teenagers and threat assessment teams**  
**Introductory, Intermediate and Advanced Levels of Training**  
**Options**

1. Life-saving facts from recent active shooter cases in the U.S.
2. Preplanning timed, multiple escape route drills
3. **Run, Hide, Fight, Prevention methodology explained**
4. Is your building safe? Risk assessment and low cost improvements
5. Psychological profile of an active shooter- What are they thinking?
6. Your psychological preparedness- What should you be thinking?
7. What is in your work area that can be used for defense right now?
8. What is in your work area that can be used as a bullet shield?
9. How to quickly secure doors?
10. What can be used for defense in a restaurant or church?
11. How to build a barricade in 30 seconds or less?
12. What should be in your purse or wallet at all times?
13. How can I keep my kids safe? Ideas for students and children
14. Survival tips when in a cafeteria, library, auditorium or gym
15. Pepper spray and fire extinguisher live hands-on outdoor drills
16. Using **new technology** for defense, Kevlar clothing, electronics
17. Where to strike an attacker that is most disabling
18. Threat assessment team training- risk level and reporting
19. What to do when law enforcement arrives
20. What should be in your first aid kits to save lives!
21. Two things every kid should have to protect themselves?
22. **Social media** tips for reporting to law enforcement

**NOTE:** This training does **NOT** involve firearms or lethal weapons



*Just one idea can save your life!*

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**FREE training videos available at: [powermindtraining.com](http://powermindtraining.com)**