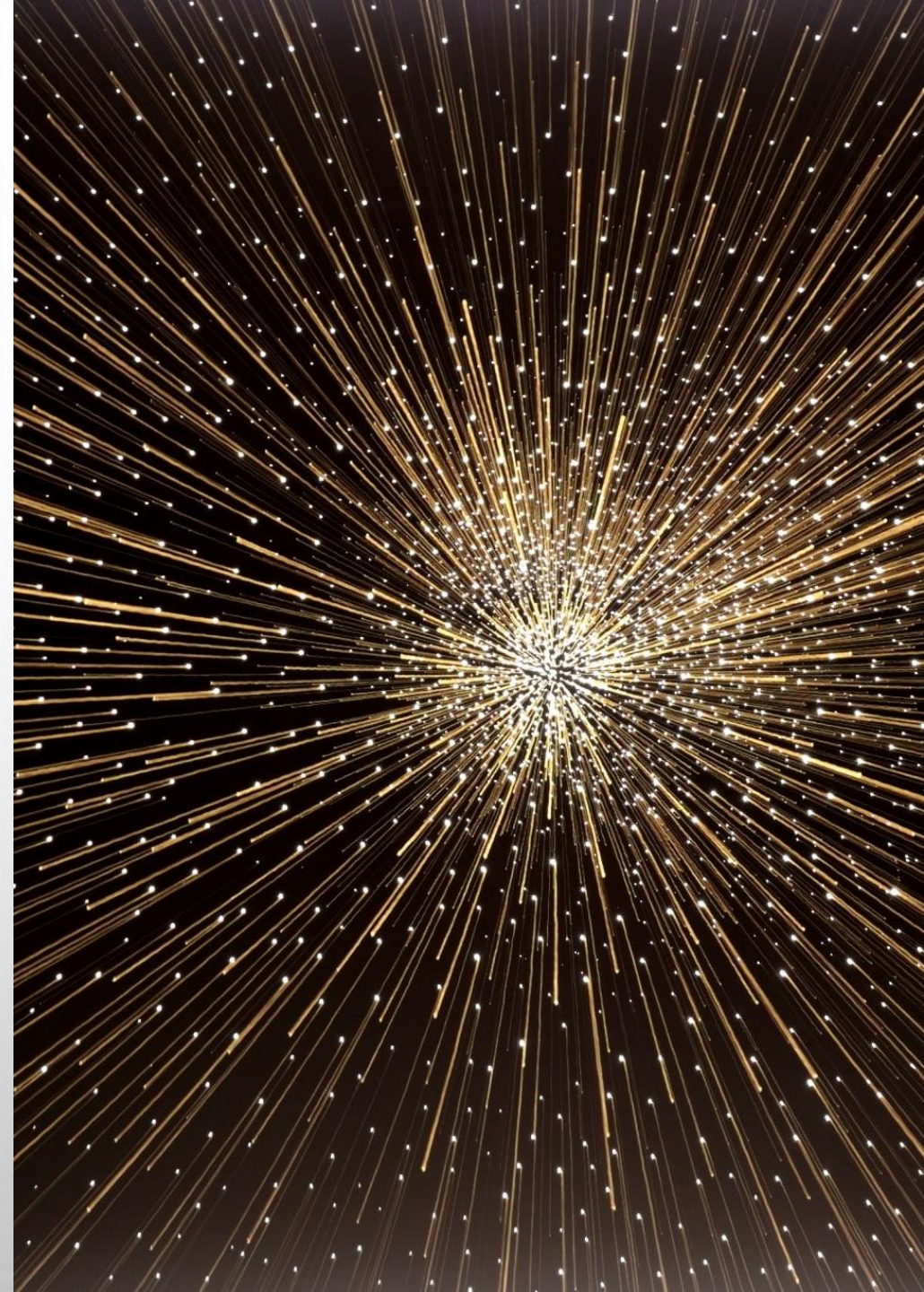




# HOW PREPARED ARE YOU

THOMAS DONNAY R.N. B.S.N. N.D.H.P.

“BANG, BANG  
BANG”



# WORKPLACE VIOLENCE EVENT

- **WHAT ARE YOUR FIRST RESPONSES?**
  - **FREEZE IN YOUR TRACKS AND LOOK AROUND YOU TO ASSESS THE ENVIRONMENT YOU ARE IN**
  - **HAVE YOU TAKEN A MOMENT WHEN YOU WALKED INTO THE ROOM TO CONSIDER YOUR OPTIONS**
  - **HOW MANY OF YOU HAVE LOOKED AROUND THIS ROOM AND BUILDING AND CONSIDERED THE OPTIONS IF AN ADVERSE EVENT HAPPENED**
  - **THEY CALLED THIS THE “GAMBLERS DISEASE” WHEN I WAS IN THE MILITARY**

# F.B.I. STATS FROM 2024

- **IN THE FIRST 2 MONTHS OF 2024 THERE WERE 83 INCIDENTS OF ACTIVE SHOOTER EVENTS IN THE UNITED STATES ALONE LEAVING 159 AS DECEASED AND 256 WOUNDED**
- **THE F.B.I. DEFINES A MASS CAUSALITY EVENT**
  - **“ANY EVENT THAT INVOLVES A FIREARM AND HAS GREATER THAN 4 CAUSALITIES”**
  - **THIS MAY INCLUDE THE SHOOTER AS WELL AS THE INTENDED VICTIMS**
  - **MOST OF THE EVENTS END IN THE DEATH OF THE SHOOTER EITHER BY THEIR OWN HANDS OR BY THE LAW ENFORCEMENT FORCES AT THE SIGHT**

# ACTIVE SHOOTER

- **CHOOSE AN OPTION AND ACT NOW**
  - **RUN.....**
  - **HIDE .....**
  - **FIGHT.....**
  
- **WHICH ONE OF THESE IS THE  
CORRECT ANSWER?**



**THE ANSWER  
IS  
THEY ARE ALL  
CORRECT**

# DECISION OPTIONS

- **RUN:** IF YOU CAN GET AWAY SAFELY GET AWAY FROM THE EVENT AND MAKE SURE SOMEONE KNOWS THAT YOU LEFT
- **HIDE:** IF YOU CAN NOT RUN AWAY HIDE. MAKE YOUR PRESENCE AS SMALL AS POSSIBLE AFTER YOU MAKE THE 911 CALL TURN YOUR CELL PHONE OFF, TURN THE LIGHTS OFF AND CLOSE ANY DOORS YOU CAN
- **FIGHT:** IF IT COMES TO THE SITUATION WHERE YOU HAVE TO FIGHT REMEMBER TO FIGHT LIKE ONLY ONE OF YOU GETS TO GO HOME.....**AND YOU WANT THAT TO BE YOU**

# TIME LIMITING FACTORS

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**The average response in any metropolitan area is 5-10 minutes for Law Enforcement response to the scene**

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**According to the data the average active shooter event is complete in less than 15 minutes from the first shot to the conclusion**

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**WORKPLACE  
VIOLENCE IS  
NOT  
CONFINED  
TO ONLY  
ACTIVE  
SHOOTERS**

- **WE MUST REMEMBER THAT WORKPLACE VIOLENCE CAN INCLUDE ACTS OF AGGRESSION BY PATIENTS, FAMILIES, AND EVEN STAFF ON STAFF**
- **WE SHOULD ALWAYS BE CONSIDERING DE-ESCALATION SKILLS TO USE IN OUR ENVIRONMENTS**
- **THE STATE HAS EVEN CONCEDED THIS IS A PROBLEM AND PUT INTO PLACE ACCELERATED FINES AND JAIL TIME FOR VIOLENCE AGAINST HEALTHCARE WORKERS**
- **ALL THE AWARENESS AND ACTIONS FALL BACK ON YOU**

A hand is pointing at a subway map. The map is filled with various colored lines representing different transit routes. The background of the entire slide is a light gray gradient with several realistic water droplets of varying sizes scattered across it.

# SITUATIONAL AWARENESS

- **HOW MANY TIMES HAVE WE HEARD THE PHRASE “I CAN’T BELIEVE THEY DID NOT SEE THAT COMING”**
- **HOW MANY OF YOU ARE SITUATIONALLY AWARE RIGHT NOW**
- **WHERE ARE THE EXITS, WHICH IS THE FASTEST WAY OUT IF SOMETHING SHOULD HAPPEN**
- **SITUATIONAL AWARENESS IS DEFINED AS: DRAWING AN INTERNAL MAP OF WHERE WE ARE AND WHAT SURROUNDS US THAT COULD CAUSE OR MITIGATE CHALLENGES**
- **THIS IS A DYNAMIC SERIES OF DECISIONS THAT MUST BE MADE WITHOUT CONSCIOUS THOUGHT**

# SITUATIONAL AWARENESS BENEFITS



**Allows you know if there are issues in your environment that may delay your escape**



**Assists with decision making by helping you make informed decisions**



**Improves your potential for performing at a higher level when required**



**It will assist in decreasing stress from the unknown reducing anxiety**



**This will allow you to have better communication with others if you are coming from a position of awareness**

# HOW DO I IMPROVE MY SITUATIONAL AWARENESS



**Exercise this in any environment you are in This is like a muscle and the more often you exercise it the stronger the instinct will become**



**Be fully engaged in the moment be careful of distractions (Cell Phones)**




**Be sure to scan your environment of changes in your situation**



**Create mental maps of the area you are in plan escape routes**



**Train and drill this concept (This does not always have to be a negative event)**

The background is a light gray gradient with a faint, large circular pattern in the center. Scattered throughout are numerous water droplets of various sizes, some overlapping, creating a clean and fresh aesthetic.

# PREPAREDNESS AND YOU

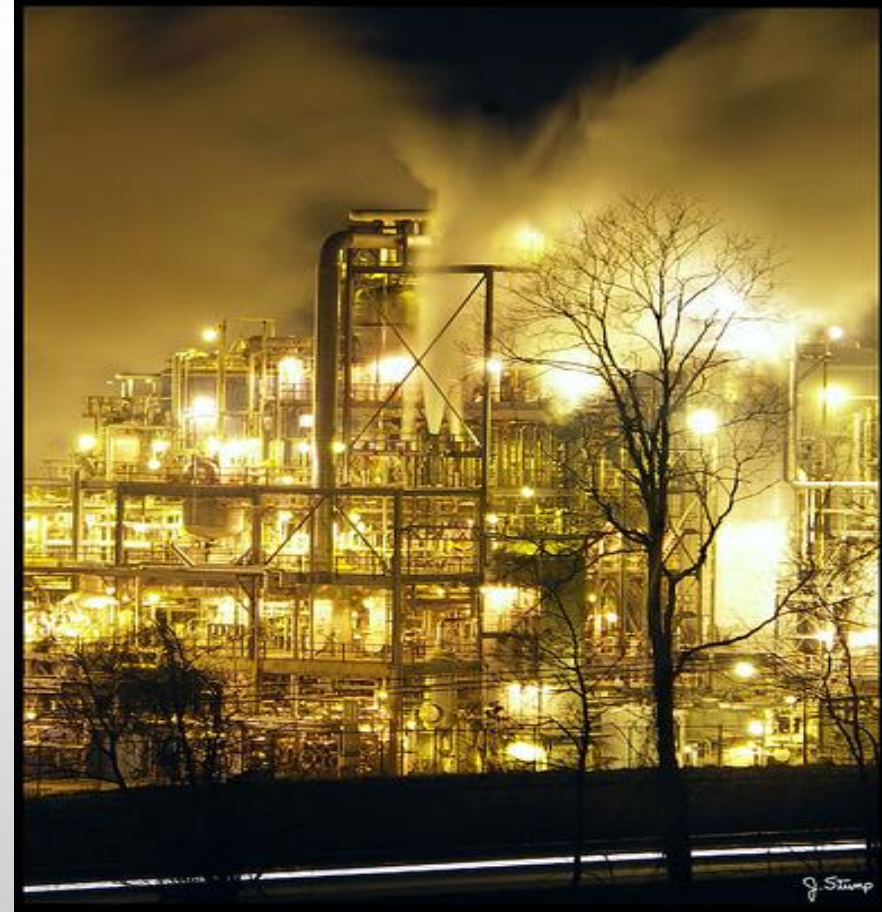
# NATURAL INCIDENTS



# NATURAL INCIDENTS

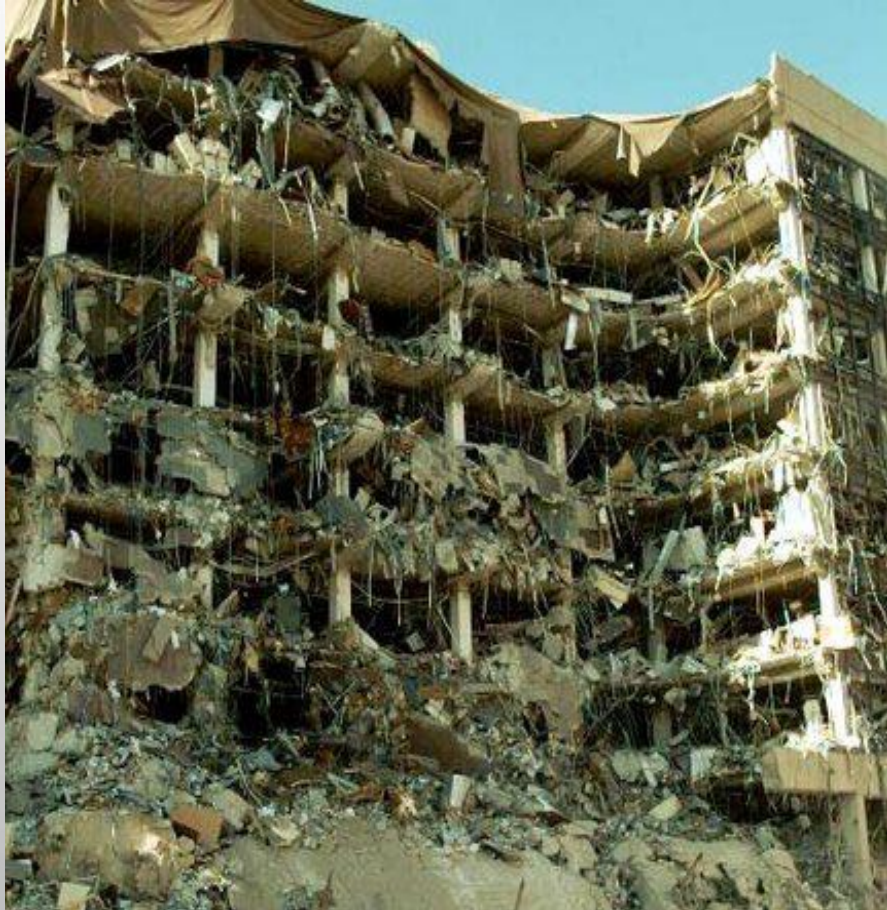


# MAN MADE ACCIDENTS





# WEAPONS OF MASS DESTRUCTION

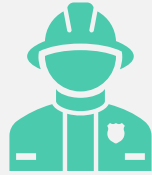


# EMERGENT INFECTIOUS DISEASES



**CENTERS FOR DISEASE  
CONTROL AND PREVENTION**

# HOW PREPARED ARE YOU ?



**Do you have a list of things you may need to keep you sustained in an Emergency/disaster?**



**Do you have a “go bag” that can help you get through a tough period.**

**Fire Food  
Shelter  
Personal  
Comfort Items  
to keep you  
going for 24  
to 72 hours**

# PREPAREDNESS AWAY FROM WORK

- HOW MANY OF YOU HAVE A “GO” BAG IN YOUR CAR, HOUSE, LOCKER AT WORK?
- THERE ARE MANY DIFFERENT SOURCES OF INFORMATION ON WHAT YOU SHOULD HAVE IN YOUR PERSONAL GO BAG
- A GOOD RESOURCE FOR LISTS IS [WWW.READY.GOV](http://WWW.READY.GOV)





EXAMPLES OF A “GO BAG”

## HOME PREPAREDNESS

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How Many of you have established a meeting point for your family if you can not get home

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Have you copied your important documents and sent copies to a secure location

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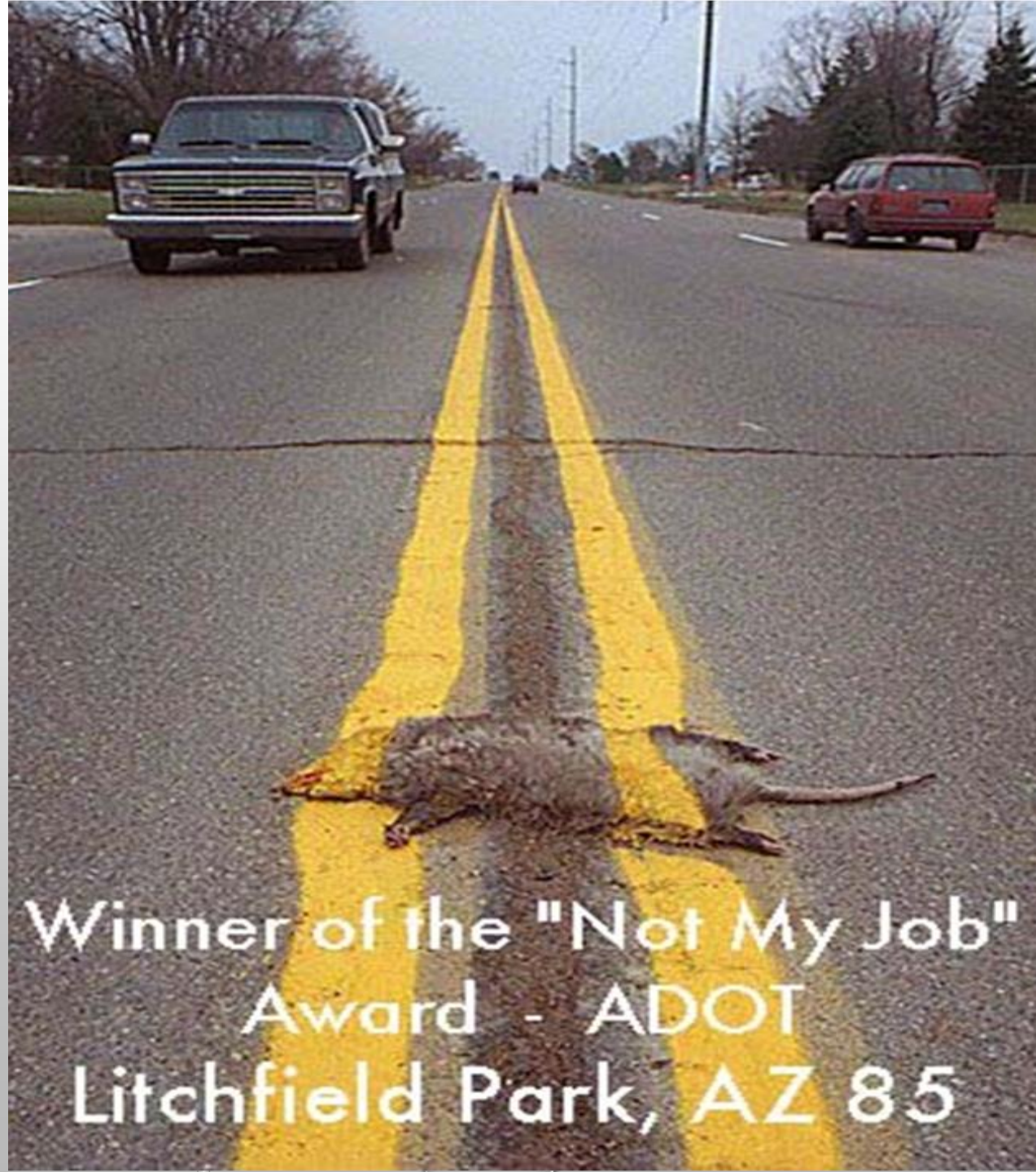
If you have furry family members, have you prepared a go bag for them



# HOME PREPAREDNESS

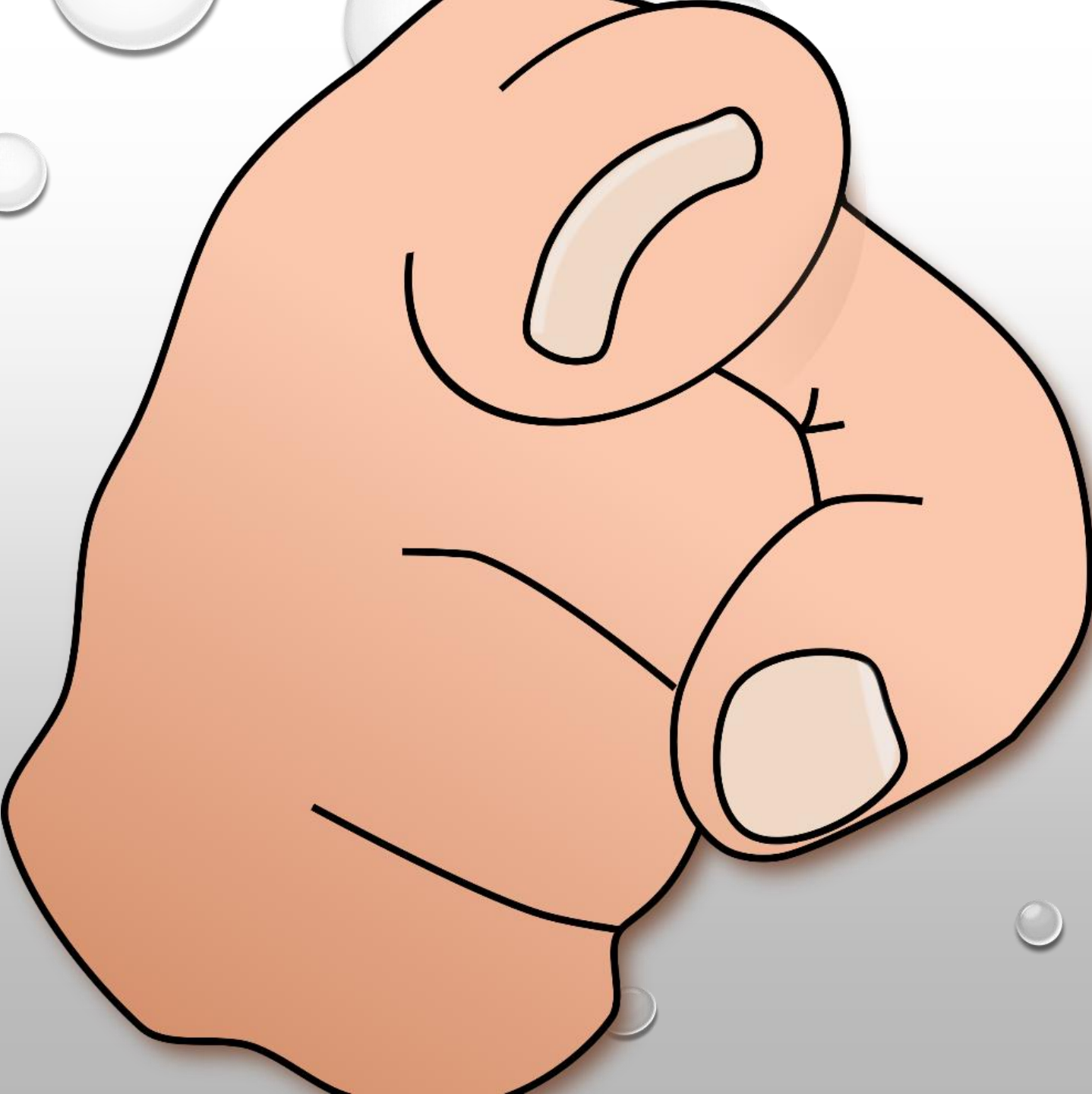
- **DO NOT FORGET TO CHECK YOUR BATTERIES JUST BECAUSE YOU HAVE A FLASHLIGHT DOESN'T MEAN THE BATTERIES LAST FOREVER**
- **MAKE IT A GAME BUT HAVE FAMILY DRILLS AS WELL**
- **REMEMBER THAT YOU CAN LIVE 5 DAYS WITHOUT CONSISTENT FOOD BUT ONLY 72 HOURS WITHOUT WATER BEFORE YOU SEE CHANGES**

# WHO'S JOB IS PREPAREDNESS



Winner of the "Not My Job"  
Award - ADOT  
Litchfield Park, AZ 85





EVERYONE IS  
RESPONSIBLE FOR  
BEING PREPARED FOR  
WHAT LIFE CAN  
THROW OUR WAY

**QUESTIONS**





THANK  
YOU FOR  
YOUR TIME

MY CONTACT INFORMATION IS:

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WESLEY MEDICAL CENTER

SAFETY & HOSPITAL PREPAREDNESS DIRECTOR

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