Surviving the Active Shooter Seminar

Lieutenant Suzanne Isham has presented a seminar on "Surviving the Active Shooter," to address the following topics:

- What is an Active Shooter?
- Case studies of past active shooter events in school, work and play settings
- Active shooter stereotypes and the myths and facts about people who engage in these violent crimes
- Run, Hide, FIGHT method of dealing with a violent encounter
- Opportunities for you to get involved in creating a proactive, not reactive, work environment

Active Shooter on Campus: Safety Guide

"Shooter kills [some], injures [more]." It's become a far too common news headline over the last few years, originating from offices, academic campuses—even military bases. This document is intended to help you stay safe and to know how best to respond in a critical incident.

What's an "active shooter" incident?

It's when a person fires a gun with intent to injure or kill. A shooter may choose one or more specific victims—but may also choose victims randomly and/or lack accuracy, so everyone nearby is in danger. Also, a shooter can go on the move—so the scope of
“everyone nearby” can change rapidly. Such incidents demand immediate action from law enforcement to end the danger.

If it happens, what should you do?

It depends on the circumstances—for instance, there may be more than one shooter. In general, try to stay calm and use the best option or options below based on your situation. A combination of these can be used, consider the situation and have a plan for your safety.

Have a plan

1. RUN: escape or evacuate area.
2. HIDE: take shelter, seek a secure area.
3. FIGHT: overpower the shooter(s)
4. Negotiation: talk with the shooter(s)
5. Call for help: Report the incident. Describe shooter(s), weapon(s) and location(s) as best you can.
6. Work with law enforcement

RUN – escape or evacuate

- Quickly determine the best escape route.
- If you have a safe escape route use it moving away from the sounds of gun fire.
- Move quickly, leave belongings and items behind.
- Help others to exit and prevent others from entering the area.
- Find a secure area such as a room that can be locked from the inside. Rooms without windows are ideal but not always possible.
- Lock all windows and doors and turn off all lights. Blockade doors that don’t lock or you can’t secure with heavy objects such as desks or tables.
- Remain quiet and still, silencing cell phones, pagers and other sources of noise. Calm others if necessary
- If possible, get everyone down on the floor or hide behind large items such as cabinets and desks. Make sure no one is visible from outside the room.
- Commit your actions to incapacitate the shooter(s) and have a plan.
- Work as a team to increase chances of success.
- Act with physical aggression and use force as necessary.
- Improvise weapons to what is available (fire extinguisher, chairs, other heavy objects, etc.)

HIDE - take shelter

- Find a secure area such as a room that can be locked from the inside. Rooms without windows are ideal but not always
possible.
- Lock all windows and doors and turn off all lights. Blockade doors that don't lock or you can't secure with heavy objects such as desks or tables.
- Remain quiet and still, silencing cell phones, pagers and other sources of noise. Calm others if necessary
- If possible, get everyone down on the floor or hide behind large items such as cabinets and desks. Make sure no one is visible from outside the room.

**FIGHT – overpower the shooter**

- Commit your actions to incapacitate the shooter(s) and have a plan.
- Work as a team to increase chances of success.
- Act with physical aggression and use force as necessary.
- Improvise weapons to what is available (fire extinguisher, chairs, other heavy objects, etc.)

**Negotiation - talking to a shooter**

If there is absolutely no opportunity to run, hide or fight, you might have to speak or negotiate with the shooter.

**Verbal techniques**

- Speak slowly.
- Use a calm voice and low pitch.
- Use the person's name (if known) and introduce yourself by first name.
- Acknowledge their right to be angry.
- Tell the person(s) you are cooperating with them and that they are in control.

**Non-verbal techniques**

- Remain calm and present a caring attitude.
- Stay as far away as possible.
- Avoid direct eye contact or stare-downs.
- Use non-threatening gestures (palm out, open hands, etc.).
- Look for signs of imminent violence:
  - Verbal outbursts of anger and frustration
  - Loud, forceful speech
  - Verbal threats (direct or veiled)
  - Threatening body language or gestures
  - Signs of agitation such as clenching of jaw and/or fists, pacing, throwing or shoving objects

Make sure your OHSU cell phone or personal cell phone (text enabled) is enrolled.

Click here to get more information on how to sign up for OHSU Alerts.

There is a Staff Sign-up link and a Student Sign-up link.

**Watch the RUN, HIDE, FIGHT Video**

Click here to go to the Public Safety site. Click on the Active Shooter on Campus Video to watch a 6 minute instructional video. *This video is also included in the comprehensive “Surviving the Active Shooter” Seminar.

Public Safety encourages all members of the OHSU community to watch **Run, Hide, Fight: Surviving an Active Shooter Event** to learn more about what to do if an active shooter is near you. **Warning:** The initial scenes of the video are graphic in nature and you may find them unsettling. The intent is not to scare the OHSU community, but rather to inform, educate and encourage emergency preparedness for all departments and clinics on Marquam Hill and at other OHSU locations.

Additional information is available in the **Active Shooter Event Quick Reference Guide**

**Contact the Emergency Action Plan Coordinator for any information regarding this e-news.**

Mindy Proski
(503) 494-2571
proskim@ohsu.edu
Call for help

One person in the room should call 4-4444 from a university phone, or 503 494-4444 from a cell phone. If you’re not at OHSU's Marquam Hill or South Waterfront campuses, call 911—or 9-911 from an OHSU phone.

Tell the dispatcher what's happening and where you are (building name and address, room number, etc.) When talking with the OHSU dispatch use the emergency code phrase, "Dr. Strong" if unable to speak freely.

Try to remember these details about the shooter and relay them to the dispatcher.

- Gender and race
- Distinguishing clothing
- Color of shirt (logos or words)
- Type of pants/shorts/skirt
- Hat and what type (ball cap, stocking cap)
- Body type: thin/medium/large
- Age (your best guess)
- Hair color, cut and style (for example: red, long and pulled back)

The dispatcher will ask if there is more than one shooter and what weapons are involved (handgun, rifle, club, knife, etc.—how many and what type).

If the shooter has left the area, the dispatcher may ask how (on foot, bike, in a car) and in which direction.

Stay on the line until the dispatcher tells you to hang up; however, don't allow yourself to get hurt while staying on the line. Get yourself safe and call back if necessary.

Working with law enforcement

Remain in place until law enforcement gives an “all clear” or tells you to move. Do not respond to any voice commands until you can verify visually that they are being issued by a police officer. Unfamiliar voices may be the shooter attempting to lure victims from their safe space.

Portland OHSU Community Service Officers

OHSU's officers are unarmed and will not directly engage an active shooter. Instead, they'll limit access to the location, evacuate as many people as possible, and help police find their way in OHSU's complex environment.
Portland Police Officers (both OHSU and non-OHSU - armed)

Police officers will proceed immediately to where shots were last heard; their purpose is to stop the shooting as quickly as possible. They will move in teams and may be dressed in various uniforms and gear—including vests, helmets, gas masks and other protective equipment that may look frightening. They may have rifles, shotguns, handguns, pepper spray, tear gas and/or TASERs. Regardless of how police officers appear, you should:

- Keep your hands visible. Police will need to quickly determine if you are a shooter and will look at your hands for weapons.
- Remain calm and do as they tell you following all instructions.
- Put down any bags or packages you may be carrying.
- If you know where a shooter is, tell them.

When police have secured your area

Secondary response officers and emergency medical personnel will treat and remove injured persons. (The first officers to arrive will not stop to aid the injured; their job is to stop the shooting and prevent more victims.) Stay at the assembly point designated by the police until you are released. This will be the safest place until the situation is fully controlled. You may receive medical treatment or counseling. You will need to give your account of the incident to the police.

Office of The Dean & SON Emergency Action Plan Team

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