

**Run Hide Fight – Surviving an Active Shooter Event**  
Courtesy of Officer Larry Hesselgesser from San Diego Police Department,  
in reaction to San Bernardino Shooting, as posted on Nextdoor December 3, 2015.

*Our hearts go out to all the victims and their families involved in the San Bernardino violence.*

*The most important thing to take away from this tragedy is that we must remain vigilant and we must have a plan of action. If you have a plan you can react quickly and calmly and survive should you ever be faced with an active shooter.*

*If you suspect a co-worker is sending up red flags tell a supervisor, Human Resources or your Risk Management Division.*

**Run Hide Fight – Surviving an Active Shooter Event** is a short training video that has been used by many employers to educate their employees. Chances are you will never need this information but just knowing what to do could save your life.

English language: <https://youtu.be/5VcSwejU2D0>

Spanish language: [https://youtu.be/4T\\_kV\\_MVfaU](https://youtu.be/4T_kV_MVfaU)

The English language video may also be viewed on the Neighborhood Watch page at <http://www.universitycitynews.org/neighborhood-watch/>

**Note:** While the guidelines listed are from this workplace video, they could be valuable in any active shooter situation.

**RUN.** When an active shooter is in your vicinity:

- If there is an escape path, attempt to evacuate.
- Evacuate whether others agree to or not.
- Leave your belongings behind.
- Help others escape if possible.
- Prevent others from entering the area.
- Call 9-1-1 when you are safe.

**HIDE.** If an evacuation is not possible, find a place to hide.

- Lock and/or blockade the door.
- Silence your cell phone.
- Hide behind large objects.
- Remain very quiet.

Your hiding place should:

- Be out of the shooter's view.
- Provide protection if shots are fired in your direction.
- Not trap or restrict your options for movement.

**FIGHT.** As a last resort, and only if your life is in danger:

- Attempt to incapacitate the shooter.
- Act with physical aggression.
- Improvise weapons.
- Commit to your actions.

**911.** When law enforcement arrives:

- Remain calm and follow instructions.
- Keep your hands visible at all times.
- Avoid pointing or yelling.
- Know that help for the injured is on its way.

