



Survive a Shooting.com

1 **Be aware!** We must keep our heads out of our apps and be aware of what is going on around us. Know what is “normal” for the area and situation to recognize behaviors that aren’t normal. Too many of us go through the day oblivious of our surroundings until something happens – the warning signs are out there if you’re paying attention.

2 **Move!** Get off the X. Movement saves lives! You must do something immediately. You have to do something without hesitation, as freezing and doing nothing makes you an easy target. Prior training will help you react faster. If you drop to the floor, don’t just lay there, move toward cover or safety.

3 **Escape!** Know your exits! Escaping is always the preferred option when possible, and you must know your escape routes which includes all exits. Every time you enter a room, building, school, or store make note of the exits or options to exit – could throwing a chair through a window help you escape if it came to that?

4 **Know the difference between cover and concealment!** Concealment will prevent someone from seeing you, but won’t stop bullets. Cover will stop bullets. Part of your awareness is identifying objects that can serve as cover. Move from cover to another position of cover to work your way to an exit if possible. Otherwise, stay put and prepare to fight back.

5

Deny the shooter access to you! This

includes lock downs, barricading with both commercial devices and make shift barricading materials, and anything else you can do to keep a shooter out of your location.

6

Attack Back! If you can't escape to safety or deny the

shooter access by locking and barricading, you must fight. If you are armed, that is to your advantage. If you are not armed, use whatever you have to attack back and stop the shooter. Learn how to defend yourself empty handed and with weapons, including improvised weapons to increase your chances of successfully attacking back.

7

Learn trauma care! Know how to stop blood loss on

yourself and others. Keep first aid kits with tourniquets handy at your office, in your car, and even on your person.

8

Make a Plan! Have a general plan of what you will do, based

on these tips, to increase your survivability. Look into local training opportunities for Active Shooter Response.

9

Develop a Survivor's and Fighter's

Mindset! There was a Navy SEAL shot 27 times and survived. 11 shots were in his body armor, the others in his body. It was his faith and mindset that helped him fight on and survive.

10

Accept responsibility for your own safety and for those you take care of.

The police will get there, but you must keep yourself alive until they do, and that might mean stopping the threat yourself. When the police do arrive, understand they are under stress too, and follow all of their instructions.

About Alain Burrese

Available as **Expert Commentator** or **Instructor** for:

Radio, TV, Live Classes

- Certified Active Shooter Instructor (Safariland Group) – *More than 4000 trained students so far!*
- Appeared in PBS documentary: *Active Shooter: Are Montana Colleges Ready?*
- 5th Degree Black Belt Instructor
- Former U.S. Army Sniper and Sniper Instructor
- Former U.S. Army Paratrooper – 82nd Airborne
- Attorney



Call: 406-544-7410 eMail: Alain@SurviveAShooting.com



Former U.S. Army Sniper Instructor



5th Degree Black Belt Instructor

Additional Resources

SurviveAShooting.com



Life-saving skills and strategies

Escape

Deny

Attack Back

MOVE!

ACTIVE SHOOTER RESPONSE TRAINING
with **Alain Burrese**
certified active shooter instructor

- Train and Prepare
- What to do Before a Shooting
- What to do During a Shooting
- What to do When Law Enforcement Arrives

Get your employees/organization trained today! Call Alain Burrese: 406-544-7410

SurviveandDefend.com

Alain Burrese's web site for everything related to safety.

Survive and Defend
Information that Saves Lives



Safety | Security | Self-Defense | Survival

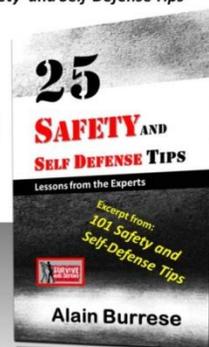
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<http://www.SurviveandDefend.com>

FBI:

Active Shooter Page and Video Guide:

<https://www.fbi.gov/about-us/office-of-partner-engagement/active-shooter-incidents/active-shooter-event-quick-reference-guide-04-29-14>

Active Shooter Quick Reference Guide:

<https://www.fbi.gov/about-us/office-of-partner-engagement/active-shooter-incidents>

Dept. of Homeland Security:

Pocket Guide:

https://www.dhs.gov/xlibrary/assets/active_shooter_pocket_card.pdf

Active Shooter – How to Respond

https://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf

In Depth Guide:

<https://www.dhs.gov/sites/default/files/publications/isc-planning-response-active-shooter-guide-non-fouo-nov-2015-508.pdf>