“If you can’t protect yourself, you can’t protect others.”

Expect and plan for the unexpected
Planetary wobble may mean more earthquakes in the coming years.
Climate Change!

2015 Global Heat Index
Threat Examples

• Hurricanes (Houston, Puerto Rico, Florida etc.)
• Wildfires (Santa Rosa CA. Columbia Gorge OR)
• Tornados
• Severe storms
• Floods
• Terrorist Attacks, Mass Shootings & Confrontations
• Blizzards & More
Personal Skills Training

- Advanced situational awareness and personal protection skills
- Basic survival skills
- Basic meteorology (weather understanding)
- Advanced first aid Including CPR and use of defibrillators
- Water safety/lifesaving
- Advanced emergency driving skills/courses
Firearms and Other Weapons

- If you feel you need to carry a firearm – Maintain high proficiency levels and practice monthly
- Clearly understand using firearms is a last resort
- Firearms are often turned against the user
- Tasers, mace, bear and pepper spray can be lethal and won’t work with some subjects or situations
- Use of lethal force will almost always lead to a grand jury investigation and possible criminal indictments
- Use of lethal force will probably result in civil law suits
Situational Awareness

- Maintain 360 degree awareness
- Engage your all senses
- Maintain location advantage when possible
- Focus on your surroundings rather than using smart phones, audio players, ear buds or other isolating technologies
- Watch for and analyze anomalies
- Before you need them - plan “What if” responses
- Avoid being impaired
Situational Awareness Levels

**Comatose**
In shock - Overload - Unable to function

**High Alert**
Confirmed threat - Need to take action

**Focused Awareness**
Carefully observing a potential threat – Considering responses

**Relaxed (Normal) Awareness**
Focused on surroundings – But in tune with the environment

**Tuned Out**
Little or no awareness of surroundings – No external focus

Adapted from Strafor Graphic 8/11/11
Tactical Responses

**Best**
- Avoid
- Retreat – Leave area
- Talk quietly, but firmly
- Scream/Yell *(Scream “Fire” rather than “Help”)*
- Take physical action if capable
- Use weapons *(Absolute Last Resort)*

**Worst**
Realistic Threat Evaluations

Most Likely

• Medical emergencies including drug overdoses, pandemics and food poisoning
• Traffic and other accidents
• Slips, falls and other personal injuries
• Natural disasters including lightning, floods, severe weather, earthquakes, wildfires, other
• Criminal violence

Least Likely

• Terrorist acts
Avoid Dangerous People

• Dangerous people are:
  • Impulsive - “Ready, Fire, Aim”
  • Overly aggressive - verbally and physically
  • Incompetent – lack skills, experience, wisdom
  • Lack focus or focus on extraneous issues
  • Work while impaired

• Remember – Dangerous people can get you and others killed or injured
Protect Your Family

- Plan, train and practice for emergencies
- Have an agreed upon emergency meeting location
- Use smoke, natural/LP gas and carbon monoxide detectors
- Have and use good weather radios (home and travel)
- Identify and use a severe weather shelter space in your home
- Have a “Grab & Go Pack”
- Keep a telephone land line
- Maintain a supply of bottled water and nonperishable food
Social Media - Security Threat?

- Most social media is very vulnerable to malware or misuse
- Social media is Data Mined – Your personal info is captured and monetized to pay for the “Free” services
- Social media posts can be used to create fake IDs or spoof your ID with others
- May be used against you, your employer or family
- May allow thieves to know when you are not home or exploit other personal vulnerabilities
- Can be seriously embarrassing
“Your Cell Phone Is Trying to Kill You!”

- Ron Allen, Deputy Chief, Minneapolis Police Dept. InfraGard Meeting 1/10/12
Smart Phone Risks

• Reduces or eliminates situational awareness

• When driving - even when just talking - eliminates peripheral vision

• Makes you a target for theft, assault or worse
Lamp Post Airbags

Lamp post airbags installed in Salzburg Austria to protect “Smombies” (smart phone zombies)
Vehicle Security

- Keep your vehicle gas tank above half full
- Always park facing outwards
- Don’t engage with road rage drivers
- Remember 4 wheel drive vehicles take longer to stop and SUVs roll over easily
- Watch for black ice and other road hazards
- Always pull right when faced with an oncoming driver in your lane
- Never trust your GPS
Vehicle Security

- Keep your vehicle doors locked while driving.
- If a questionable “police” vehicle attempts to pull you over - call 911 to verify or drive slowly to the nearest open service station or police dept.
- Be extremely careful if you stop to help at a breakdown or accident.
- Carry tools, flashlights, safety vests, flares and fire extinguishers.
- Don’t stop for hitchhikers or panhandlers.
Animals on the Roadway

If an animal runs out in front of you – hit it square on

(except for moose, buffalo, elk or certain other large animals)
Vehicle Security

• Don’t leave anything of value in a vehicle
• Never let a vehicle run or leave keys in the ignition without someone in driver’s seat
• Never leave children alone in a vehicle
• Cover over and cable or chain down cases, suitcases and other objects in mini vans, SUVs or trucks
• Keep your vehicle stocked with emergency gear including flares, reflective vests, first aid kit and other items
Security When Traveling

- Understand the current threat environment at all your travel destinations
- Secure equipment in locked hard cases to your vehicle and to an immovable object in your hotel room
- Carry a battery powered weather radio
- Never leave anything of value out in a hotel room
Security When Traveling

- Assume all internet connections are not secure
- Scope out emergency exits
- Never open your hotel room door to strangers
- Insist on accompanying bell caps with your luggage to your room or move it yourself
Security When Traveling

- Maintain extra vigilance in air terminals, railroad stations and other unfamiliar surroundings
- Watch personal items at airport security checks
- Try to go through airport security checks with a colleague to watch each other’s valuables
- Consider applying for TSA Pre-check
Security When Traveling

- Carry a padded, self addressed envelope in your briefcase or other carry on
- Don’t check anything you can’t afford to lose
- Try to secure all equipment on trains particularly while sleeping or napping
- Never use valet parking ("my organization doesn’t permit it")
International Travel Security

- Research your destination thoroughly
- Check for State Department Advisories
- Google news for destinations before departing
- Take only the ID and credit cards needed
- Many US credit cards are not accepted in some overseas locations
International Travel Security

• Tell Your Credit Card Company and Medical Insurance Company when you are going to leave the country

• Leave a copy of your passport, IDs and itinerary with a trusted family member or colleague

• Use a shielded passport and credit card wallet
International Travel Security

• Monitor Local and Regional News
• Assume Your Luggage Will Be Examined
• Your Conversations May Monitored in Some Countries (Phones, Taxis, Hotel Rooms)
• Avoid Discussing Local Politics and Religion
• Stay Sober and Never Ever Use Drugs
International Travel Security

- Carry a list of emergency phone numbers including local US consulates and embassies
- Know the address of the nearest US consulate
- Never carry something on plane or into or out of a country for someone else
- Have a country specific emergency exit strategy
- Consider carrying a passport from another country such as Ireland
International Travel Security

• Wear a Money Belt and Keep Some Cash in a Wallet You Can Afford to Lose

• Don’t take your regular smart phone or laptop – they may be stolen or compromised or the contents may examined and copied by US Customs

• Take prescriptions in their original bottles

• Dress appropriately – blend in
International Travel Security

• Make sure all your shots and immunizations are up to date
• Understand local customs and no-nos
• Use “Official” taxis only
• Outside of Europe, engage a “Vetted” local driver and vehicle
• Carefully choose where and what you eat
• Stay away from demonstrations and large crowds
• Stay out of night clubs if possible
Maintain Situational Awareness and Think Before Doing
Remember - The Unthinkable May Happen!
Thank You - Discussion

George W. Welles

gwwelles@umn.edu