

THE 5 FS OF EMERGENCY RESPONSE



REMEMBER...

The following are “guidelines” based on real life experiences and are only reminders of the full Active Threat Course. These are recommended as “best practices” and not set in stone. As you read through, understand that nothing in a crisis situation is 100% and following “best practice tactics” are far better than having bad tactics or no tactics at all.

5 F’S...

The 5 F’s are not to be followed in any specific order and the initial order may change several times during an event. Through training, the individual is empowered to make better educated decisions.

Information to provide to 911 ONLY WHEN SAFE...

- Location of the threat.
- Number of assailants.
- Description of assailants.
- Type of weapons used.
- Number of potential victims.

FOCUS

Believe what you see, hear and feel. Many victims believe the events occurring are not real or they are misunderstanding what is happening.

FLEE

Create distance between you and the threat. Know your options. Don’t set hard rules for routes. Consider windows, connecting rooms or other means of exit. Don’t set predetermined rally points; they may not be safe.

FORTIFY (COVER VS CONCEAL)

Create a barrier between you and the threat. Place as many obstacles as you can against any possible entry point. Stack heavy items such as desks, cabinets, tables and chairs, etc., to slow down the threat.

FIGHT

This is recommended as the last resort. If the options to Flee or Fortify are not possible, then don’t give up. The type of weapon the assailant is using may dictate your tactic.

FIRST AID (ABC’S OF BLEEDING)

Stop the bleeding. A victim who is bleeding from an artery can die in as little as 3 minutes. Serious bleeding from an extremity is the most frequent cause of preventable death from injury. Life-threatening bleeding warrants immediate intervention.

This is an important factor in FLEE & FORTIFY.

COVER: A place or structure that may provide shelter from bullets. (ie., brick walls, engine blocks, thick tree, etc.).

VS.

CONCEALMENT: A place or structure that may hide a person from view but not stop bullets (ie., some wooden doors, drywall, bushes, etc.).

ARM YOURSELF...when possible...

Use objects to strike, throw and distract the threat. Use chairs, drawers, or the deployment of a fire extinguisher can be an option. Taking away the threat’s sight can be advantageous.

Swarm the threat - Communication is key.

Call out to others for “help”. For example, “Help me, grab the weapon!” The more people holding the threat, the better chance of survival and success!

ABC’S OF BLEEDING

A - Alert: Call 911.

B - Bleeding: Find the bleeding injury.

C - Compress: Apply pressure to stop the bleeding.

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Source:

Brett Titus, [Prepare Protect Defend](#)