



The 7th Sense

A PRACTICAL

Approach to Personal
Safety in the Workplace
Practical Consultants LLC

www.ViolenceFreeWorkplace.us

Promoting a Violence Free Workplace

In your mission to be safe

"We are the place to start..."



Practical Consultants Sandy King



Sandy King is a twenty year veteran of the New York State Police having retired in 2004. She is the President and co-founder of *Practical Consultants, LLC*. Having spent her career as a uniform trooper, she is acutely aware of the need to assess emergency and potentially volatile situations quickly, effectively and prudently. Sandy is well versed in Personal Safety training as she has holds a purple belt in Tae Kwon Do and taught self defense in that style, she is trained in defensive tactics and street survival by the NYS Police and was a firearms instructor for fifteen years with the State Police. During her tenure with the New York State Police in Troop E she served as the Recruitment/Assistant Public Information Officer. During this assignment she was actively involved in education and program development regarding the School Safety initiative SAVE and other programs. In the course of her duties, while assisting the School and Community Outreach Coordinator, she received further training in the areas of Domestic Violence, Incident Command, Counter Terrorism, and Safe School instruction. In 2003 she attended the Secret Service Threat Assessment seminar on US School shootings, further enhancing her expertise in the field of school safety. Ms. King spent her twenty year career with her primary focus being that of Safety and Planning whether it was in the completion of her every day duties, teaching valuable ideas, or completing courses to enhance her own knowledge.

Sandy began presenting what she believes to be vital information for anyone living and working in our society today. Violence has become an option in our society today and because of that there is a growing need in our workplaces and schools today for basic and applicable safety guidance and instruction with regard to workplace violence. The information that PC offers contains practical components that can be used by all types of organizations anywhere and any time to possibly prevent and/or mitigate a violent incident. The ultimate goal is to promote a safer and more secure environment for ALL individuals in their workplace(s).

Expertise

- Workplace Violence Prevention
- Risk Assessment
- Policy and Procedure Development
- **Education**
- State University College at Buffalo B.S 1982

Additional Instruction/Training

- Instructor Sexual Harassment Training.
- Secret Service Threat Assessment Seminar on United States School Shootings.
- Counter Terrorism Train the Trainer by Bureau of Municipal Police.
- Bio-terrorism & Anthrax Training.
- Domestic Violence Trainer and Instructor.
- Incident Command System.
- New York State Police Field Training Officer.
- Instructor Safe Schools Training.
- NYS Certified Crime Prevention Officer.
- Domestic Preparedness Awareness Training.



Workplace Training Goals

Our Goal is to stay safe by being

A _____ of what is around us

A _____ if it can hurt us

R _____ in a way to stay safe

What needs to be your #1 rule?

The 2 most important words in your life are

Failing to plan is planning to _____

Threats



What is the difference between making a threat and posing a threat?

SUICIDAL IS _____!

Threats or Indicators are present 99% of the time prior to an incident occurring....

“The Signs”

List some signs of which might lead to WPV

What are some Verbal signs:

Physical signs:

What should you do when you see the physical signs?

What can complicity do to you?

Don't ignore the “Signs”



Domestic Violence and Orders of Protection

When friends or family are involved in Domestic Violence what should you not do? TAKE

If an order of protection has been issued
What has occurred? _____

Why is it so important to have fellow workers
disclose if they are having domestic issues?

How could you get someone to disclose if there is
an order of protection involving them?



When you Assess a situation what is the first thing you ask yourself?

How do I _____

Personal Assessment

What are your instincts telling you?

Communication

Why do you give someone the “Heads Up”?

What you don't know Can or Can not hurt you?

Correct answer _____



Managing your behavior determines how the situation responds.

It's not what you say its...

Besides the fact it's just wrong –

Why do you not demean and humiliate another person?

How do you manage another's behavior?

Set _____ Goals

Active Shooter Response

RUN

- If there is an escape route attempt to evacuate
- Evacuate whether others agree or not
- Leave your belongings behind and get off the phone
- Help others escape if possible
- Prevent others from entering the area if possible
- Call 911 when you are safe

HIDE

- Lock and barricade the door
- Silence your phone
- Hide behind large objects
- Remain Very Quiet

YOUR HIDING PLACE SHOULD BE:

- Out of the shooters view
- Provide protection if shots are fired in your direction
- Not trap or restrict your movements or options

FIGHT

- Attempt to incapacitate the shooter
- Act with physical aggression
- Improvise weapons
- Commit to your actions – YOU MUST WIN

WHEN 911 ARRIVES

- Remain calm and follow instructions
- Keep your hands in view at all times – make no sudden movements
- Avoid pointing and yelling
- Know that help for the injured is on the way



Contact Us

for further information

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Visit our website

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