



Seconds for Safety™



Evacuate

e·vac·u·a·te (v.) - means that you should leave the building or area you are in immediately and safely.

1. If time and conditions permit, secure your room or workplace and take with you important personal items (i.e. keys, identification, medication, and/or eye glasses). Do not waste time.
2. Calmly and quickly proceed to the nearest exit. Walk, do not run. Your nearest exit may not be the way you entered.
3. If you are the last one out of a room, close the door behind you.
4. Do not use the elevator.
5. Keep noise low so you can hear emergency instructions.
6. Use handrails in stairwells, stay to the right of the stairwell and allow emergency personnel to pass you.
7. Immediately report anyone that you believe may be missing or trapped inside to emergency personnel.
8. Wait outside for further instruction from emergency personnel or University officials.
9. Never reenter a building until it is declared safe or you receive the "All Clear."

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Fire Alarm

It's 4:30am and you are in a deep sleep. It is a winter night and frigid outside. You wake up to the sound of the fire alarm. It may be tempting to roll over and assume that it is just another fire drill or false alarm...

Unfortunately, this is exactly what students at Seton Hall University did on January 19th, 2000 - only this time it was not a drill or false alarm. There was a fire, set by arson, in the Boland Hall freshman residence at the University. In total, three students were killed and 58 were injured. Four of those injuries left students hospitalized for months—some for years. Two of the severely injured students, Shawn Simmons and Alvaro Llanos, have come to UConn to speak about their experience. Both delaying their response to the alarm and not knowing two ways out were factors that contributed to the severity of their life-long injuries.

Always take a fire alarm seriously. If you hear a fire/carbon monoxide alarm in your building, house, office or classroom, **evacuate** the building and **call 911**. Wait for emergency personnel to arrive and determine no hazard exists.

Know two ways out of the buildings you are in. When evacuating during a fire, your primary escape route may become impeded. Knowing an alternate route to exit the building can save your life.

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Active Threat

If there is an active threat in your vicinity, you should do the following:

RUN

- Have an escape route and plan in mind.
- Leave your belongings behind.
- Keep your hands visible.
- Get as far away from the threat as you can.
- If you can't run, **hide**.

HIDE

- Hide in an area out of the suspect's view. (Preferably behind large objects)
- Block entry to your hiding place and lock the doors.
- Ensure the lights are off.
- Silence your cellphone or other electronic devices and remain quiet.
- If you can, have options for moving or escaping.
- As a last resort, if you can't run or hide, be ready to **fight**.

FIGHT

- *As a last resort and only when your life is in danger.*
- Attempt to incapacitate the active threat.
- Act with physical aggression and throw items at the suspect.

When it is safe to do so, **call 911** and give the location, number and physical description of the suspect(s), and the number of potential victims if possible.

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Suspicious Object

You know your daily routine best. If you see any abnormal object that raises your suspicion, it is always best to let emergency personnel know about it.

Some common characteristics of a suspicious object include:

- Package or envelope with suspicious leaks, stains, or powdered substances
- Package is rigid, bulky, or has excessive tape/string
- Poor handwriting, misspellings, improperly addressed
- Excessive postage, no postage, or no/strange return address
- Ticking, vibration, abnormal sounds, strange odors
- Abandoned or unattended

If you experience any of these characteristics, remember to remain calm and do the following:

1. Do not touch, move, or alter the object.
2. Inform others and restrict access/evacuate the area.
3. Once you have left the immediate area, **call 911**.
4. Provide your name, location, object location, and details of the suspicious package.
5. Write down any information you have about the object. You can give this to emergency personnel when they arrive before you forget.

If you come in contact with a package, it is important that you provide for your own safety by thoroughly washing your hands with soap and warm water and asking another person to **call 911**, if possible. Make note of which sink you used. If you are already handling a suspicious package, gently put it down, step away and then follow the steps above. Always notify emergency personnel about your possible exposure. If a hazardous material is found in the package, emergency personnel will only be able to treat you if they are made aware and know where to find you.

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