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Principles of Officer Safety and Survival

Series I Video 1

**Training Guide
Test Questions and Answers**

ALERT

Principles of Officer Safety and Survival

Series 1 Video 1

Overview Training Guide

"Training is a critical area for the law enforcement. . . . It lays a foundation for the officer. The best way of learning is by experience, but you can't always get it. So training is (crucial). (It) gives you the information, the knowledge, the skill you need to make the right decision from the very start."

Ed Nowicki
1993 Law Enforcement Trainer of the Year

HAND RECOGNITION

When approaching suspects, always pay attention to **hand recognition**.

- ✓ *Ask to see the palms of the hands*
- ✓ *Demand that the suspect hold hands high, palms facing you*
- ✓ *Then ask the suspect to show you the other side of hands*
- ✓ *Look for weapons, rings, anything that the suspect could use against you*

A mistake on your part could be a fatal one.

Since 1970, fifteen to twenty-five percent of officer fatalities have been caused by their own gun or their partner's gun.

Every call you go on is ***a person with a gun call***
because you carry the gun.

Protect your handgun.

Use lethal force only if necessary.

Know your handgun retention skills.

Know your shooting skills.

METHODS OF CONTROL

- Presence
- Verbal Directions
- Mechanics of Arrest
- Intermediate Force
- Lethal Force

*Only use that level of force
necessary to overcome resistance and establish control.*

WHEN/WIN SITUATION

Before you go out on patrol, out on the streets, out in the surrounding communities, play a *what if* scenario. *When* this happens, I will *win* this way.

Taking 30 seconds everyday could positively make a difference as to whether you survive out there on the streets.

THE 30-SECOND DRILL

- * Prepare a plan
- * Visualize the situation
- * Give yourself positive self-talk

As you head toward the call, think about what could happen and what you would do if certain things happen. Tell yourself that you will survive this call and that you have all the equipment needed to complete this call.

Be aware of where you are at all times and what you are thinking.
Avoid negative thoughts.

You will feel impending nature before you see it or hear it.
Use your basic instincts of survival and trust them.

You have two options: **Fight or Flee**

If you don't have a plan, you might freeze up and try to think of something to do and put yourself in danger.

REACTIONARY GAP

A distance approximately four (4) to ten (10) feet between an officer and a subject.

This gap gives an officer time to react to an attack of the subject on the officer. The officer uses this distance to block, deflect, or counter the subject's attack.

Since a subject can be on top of you in less than a second from that distance, *you must control the distance between you and the subject.*

ESTABLISH, MAINTAIN, CONTROL THE DISTANCE

- ☒ Turn your gunside away from the subject (45 degree angle)
- ☒ Bring your hands up in the *Father Murphy look*, elbow covering the gun and hands up, one hand on chin
- ☒ *Never back up as the subject approaches you.* You cannot back up faster than he can walk toward you.
- ☒ Move to your *reactionary side* (hand or side closest to subject) if the subject moves toward you
- ☒ You can also move toward your *strong side* (gun holding hand side)

Once you have established, maintained, and controlled the distance between you and the subject, you need to physically put the subject off-balance.

Use loud verbal commands to put your subject mentally off-balance.

No!
Stop!
Down!
Back!

ALERT would like to thank Ed Nowicki and Coach Robert Lindsey for his help putting this video and training guide together.

Stay safe out there.

Principles of Officer Safety and Survival
Series I Video 1
Test Questions

1. What are the three elements of the 30-Second Drill?
 - a.
 - b.
 - c.

2. Intermediate force is the first method you should use to control a subject.

True False

3. The Reactionary Gap is approximate _____ to _____ feet of space between an officer and a subject.

4. Always turn your _____ side turn away when interviewing a suspect.

5. When subduing suspects, use _____ verbal commands to mentally unbalance them.

6. The _____ _____ Look is one way to guard your handgun in a non-threatening manner.

7. Your Strong Side is your gun holding hand side.

True False

8. You have two options in a dangerous situations:
 - a.
 - b.

9. You need to _____, _____, and _____ the distance between you and the subject.

10. Only use that _____ of _____ necessary to overcome resistance and establish control.

Principles of Officer Safety and Survival Techniques
Series I Video 1
Test Answers

1. a. Prepare a plan
 - b. Visualize the situation
 - c. Give yourself positive self-talk
2. False
3. 4 to 10 feet
4. gun
5. loud
6. Father Murphy
7. True
8. a. Fight
 - b. Flee
9. establish, maintain, control
10. level, force

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