

# Personal and Workplace Safety

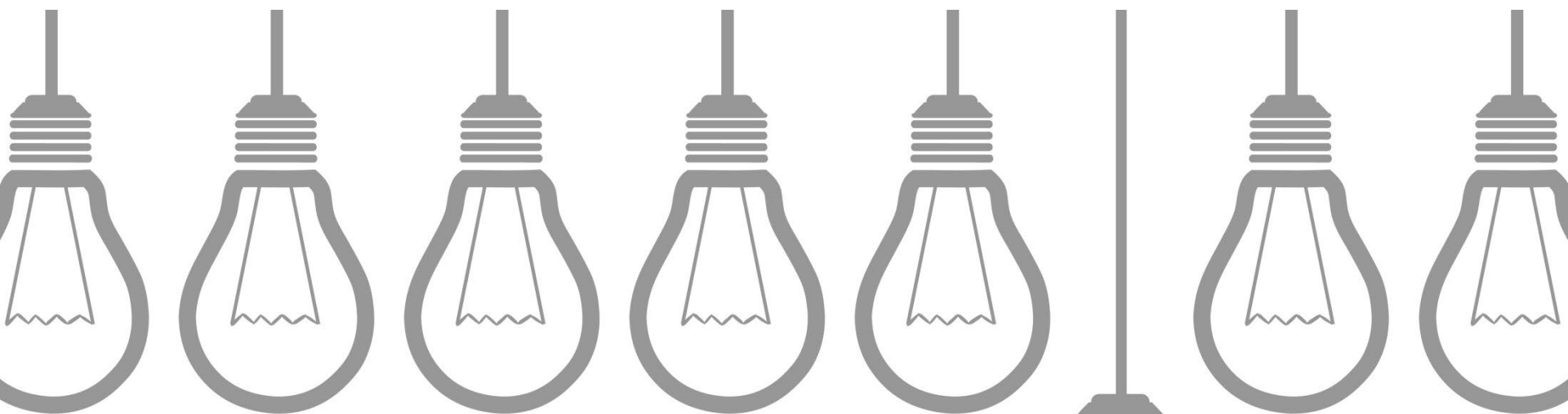


**Sergeant Robbie Barrera**  
**Texas Department of Public Safety**  
**Region VI Austin District**

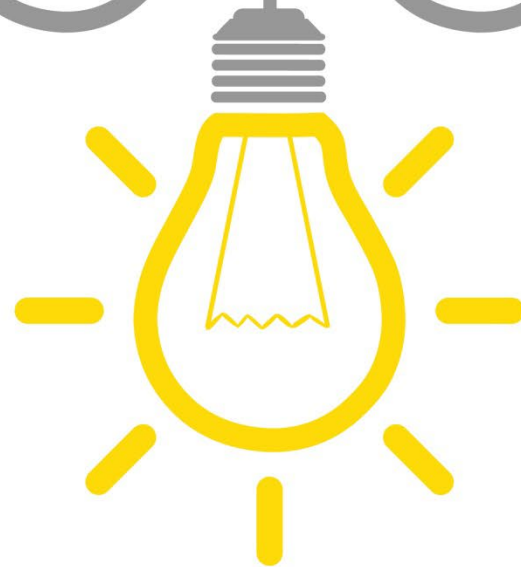
# Goal:



To give new insight and tools to improve and enhance personal safety practices in your daily activities and at the workplace.



**Think about  
when you are  
most vulnerable.**



# Are you paying attention when you...



- get in or out of your car?
- fasten your child in their car seat?
- load or unload your groceries?
- are on the hiking/jogging trail?
- at the store or work?
- leave a parking garage/parking lot
- Showing an open house?

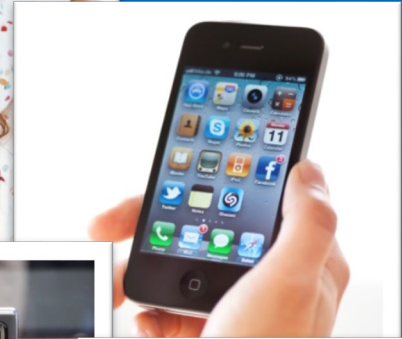


# Things that distract us:



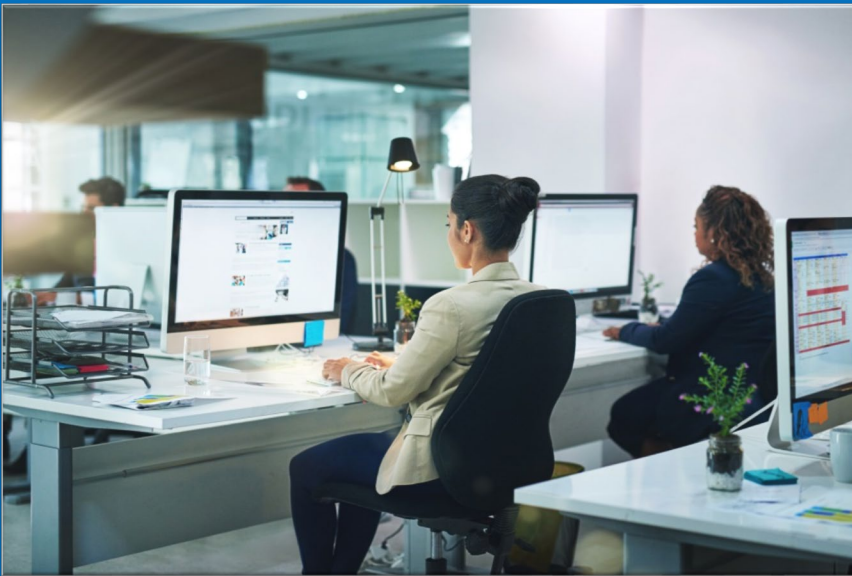
# Things that distract us:

- Children
- Cell phones
- GPS
- Computers
- People
- Other things?



# What about at work?

- What distractions do you have in the workplace?





# Things that distract us

- Avoid overloading your arms with packages and having both hands full.



# Things that distract us

- Be prepared to drop what's in your hands to defend yourself if necessary.



# The “What If” Game

- What would you do if an attacker came in this room right now?



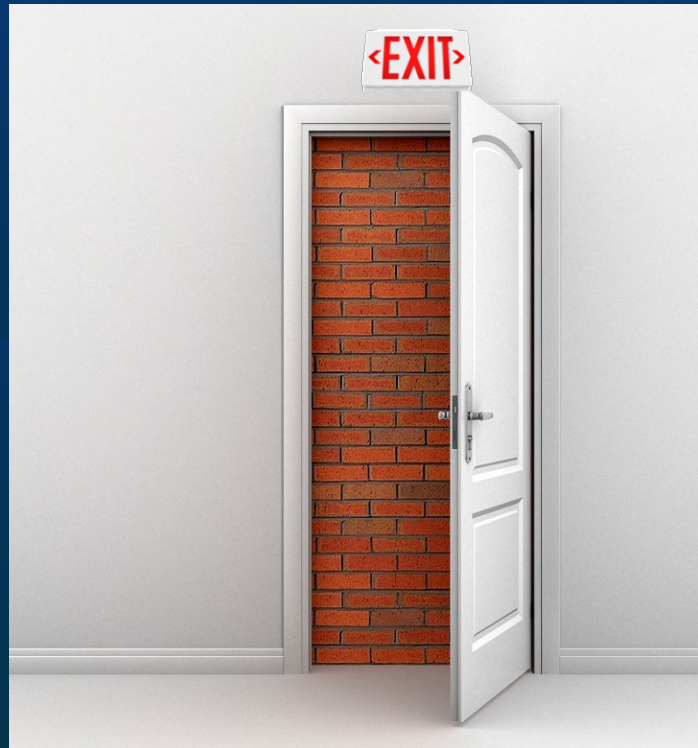
# The “What If” Game

- Where are the exits in this room?



# The “What If” Game

- How will you get out if the exit is blocked?





# The “What If” Game

- Are there others you will need to assist in getting out (children, elderly, ill, etc.)?



# The “What If” Game

- Are there phones? Can you get to someone to call for help?



# The “What If” Game

- Is your cell phone accessible?





# The “What If” Game

- Can you call 9-1-1?



# The “What If” Game

- Can you send a text to someone to call for you?

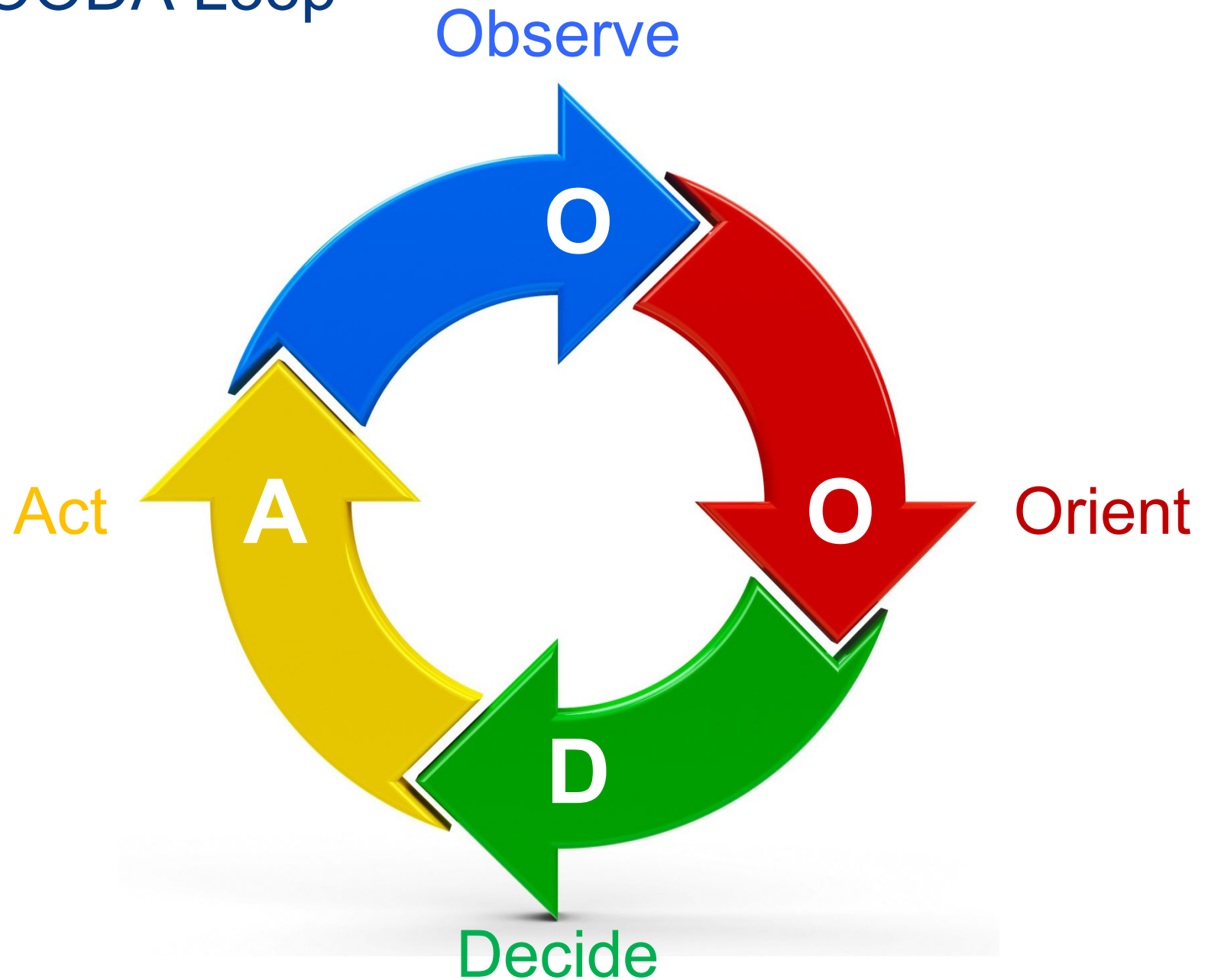


# The “What If” Game

- Can you break a window?



# The OODA Loop



# The “What If” Game

- These are all things we need to consider. Having a plan, even if in our mind, will give you an advantage and keep you from freezing up.
- Rehearsing plans of action will give your brain a memory to revert to when it becomes stressed in emergency situations.



# Body Positioning

- A key component in safety is observation. Body placement can be essential in being able to clearly assess potential threats.



# Body Positioning

- Being aware of your surroundings is paramount.



# Body Positioning

- Try not to allow people to stand behind you. Re-positioning yourself, even a slight turn, can widen your view.



# Body Positioning

- Use your peripheral vision and scan areas often.

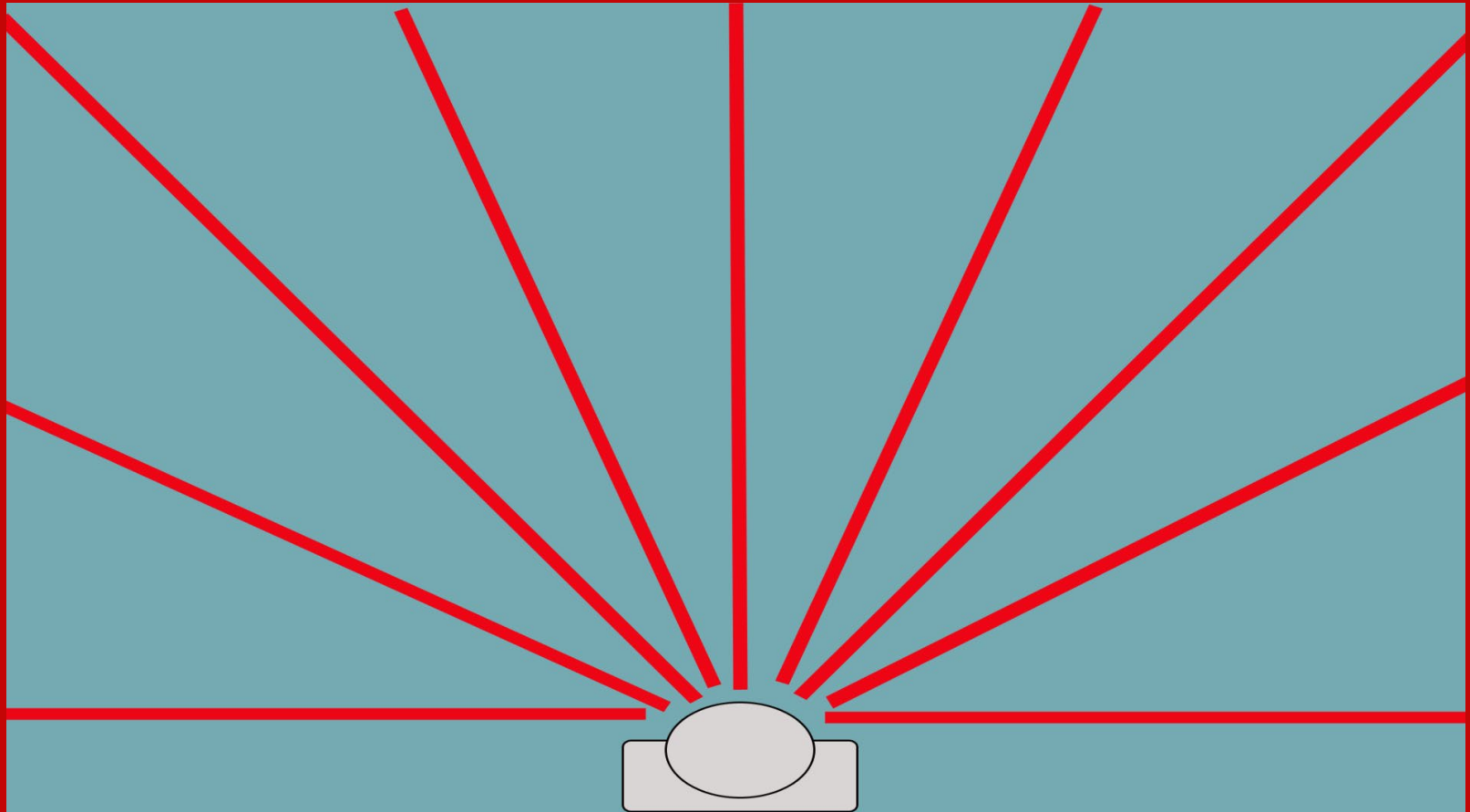




# Body Positioning

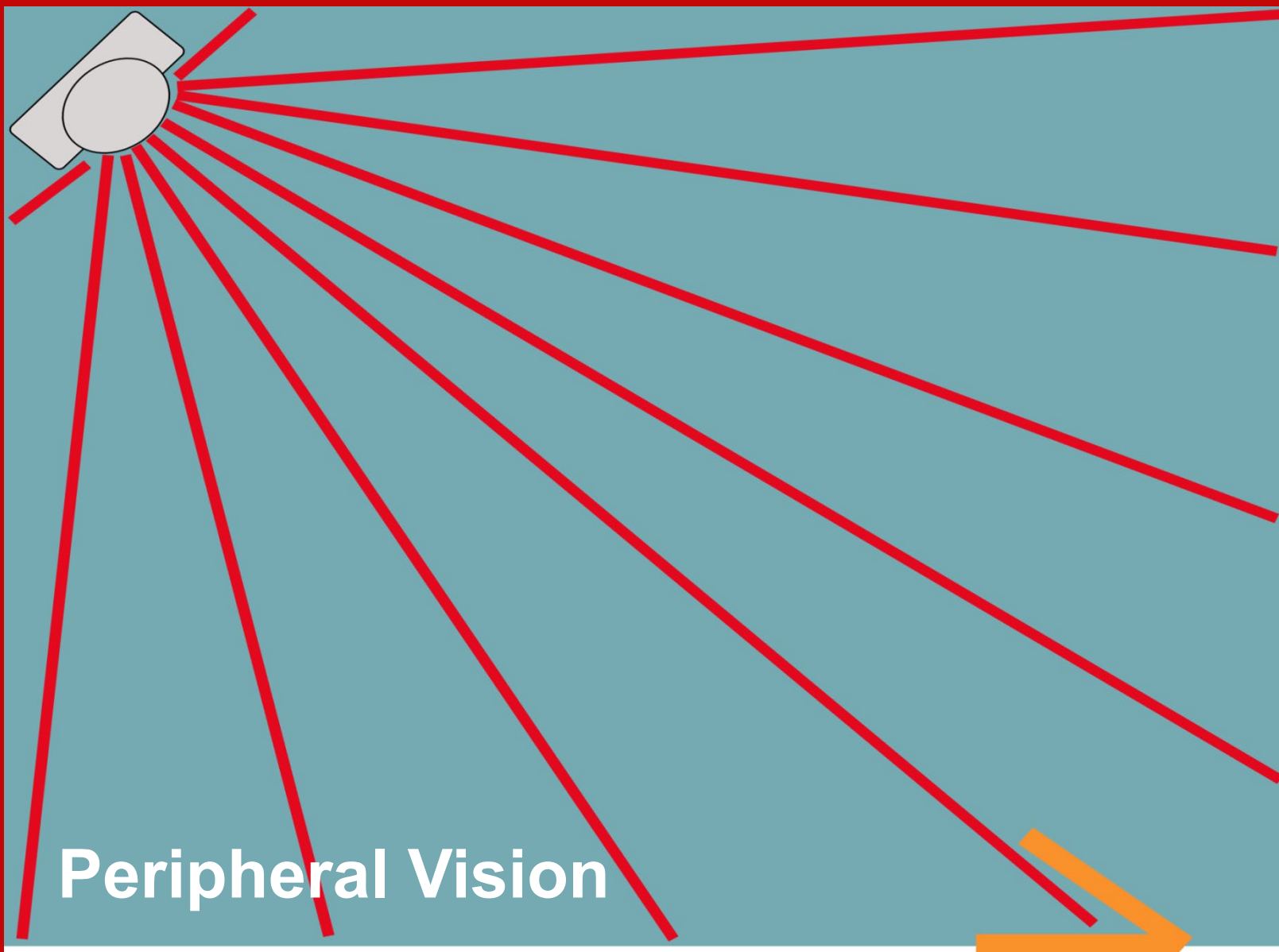
- Leave yourself an out.





**Peripheral Vision**





**Peripheral Vision**

# Safety in Numbers

- Try not to go alone if you suspect potential problems in an area or at a particular location.





# Safety in Numbers

- In routine activities, use the buddy system when possible. Consider checking in with friends at predetermined intervals if traveling or involved in a task with any questionable safety concerns.



# Kidnapping and Assaults

- Assailants will target you when you are most vulnerable.



# Kidnapping and Assaults

- “Cooperation” is no longer advised based on current trends.





# Kidnapping and Assaults

- How do you resist?
  - Make noise
  - Passive resistance
  - **FIGHT** for survival



# Kidnapping and Assaults

- Assailants will target you when you are most vulnerable.
- “Cooperation” is no longer advised based on current trends.
- How do you resist?
  - Make noise
  - Passive resistance
  - **FIGHT** for survival

# What if you're followed?



# What if you're followed?

**Call 911 and stay on the phone as you drive / walk to a safe place.**

**Police station**

**Fire station**

**Public area**

# What if you're followed?

- Don't get boxed in at traffic lights.
- Vary your running/driving routes.
- Lock your car doors.
- Roll up your windows.
- Be aware at points of vulnerability and avoid distractions.



# Defensive Options

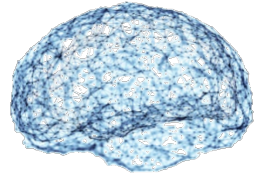
Firearms (only if you're proficient!)



Pepper spray  
(minimum 10% water or alcohol based.)



Wits.



Don't rely solely on 911.



Carry a flashlight.



**FIGHT, FIGHT, FIGHT!!!**



# Mental Aspects



# Mental Aspects



- Awareness CAN be learned – Play the “What If?” game.
- Do not accept the role of a “victim.”
- Mental rehearsal can prevent “freeze up.”
- Doing nothing is NOT an option!
- Active resistance or evasion can be disruptive to the attacker.
- Predators zero in on cues of weakness or vulnerability.

# Changing Habits

- Every change starts with a conscious effort.
- Start practicing these concepts, and before you know it you will be doing them as part of your routine and without even thinking.

# Remember...

- Although we can never be 100% protected, using best practices and being aware can decrease your chances of becoming a victim of crime.
- Deterrence and prevention is the goal.



# Preparation

- How can you prepare for and prevent a hostile employee or an active shooter situations enter the work place?
- What is your agencies plan?
- What is your plan?

# Assessing Threat Levels

## LOW THREAT BEHAVIOR

- Abusive language
- Belligerence
- Argumentative
- Intimidation
- Lack of cooperation
- Problems with authority
- Displays anger
- Blaming others
- Romantic obsessions
- Failure to change

## MODERATE THREAT BEHAVIOR

- Threats of physical aggression
- Harmful practical jokes
- Paranoid
- Comments about weapons (use or purchase)
- Increased arguments
- Repeated policy violations
- Job performance
- Disregard for others' safety

## HIGH THREAT BEHAVIOR

- Physical aggression
- Destroying property
- Threatening or engaging in serious bodily injury
- Stalking
- Obsessions
- Threatening to use a weapon
- Use of weapons or recurrent suicidal threats



*The End*



# Open Discussion



# Personal and Workplace Safety



**Sergeant Robbie Barrera**  
**Texas Department of Public Safety**  
**Region VI Austin District**

**[Robbie.barrera@dps.texas.gov](mailto:Robbie.barrera@dps.texas.gov)**