CAMPUS SAFETY GUIDE
# VANDERBILT CAMPUS SAFETY GUIDE

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REPORTING SECURITY CONCERNS

Report any security concern or suspicious activity to the Vanderbilt University Police Department (VUPD).

1. If you encounter:
   - Someone making threats in person or on cyber/social media
   - A person acting suspiciously
   - Harassing or threatening phone calls/text messages

2. Contact the Vanderbilt University Police Department (VUPD).
   - Dial 911 from any campus phone
   - Dial 615-421-1911 from any other phone

3. Provide the following information:
   - Your location
   - Description of events
   - Description of subjects
   - Types of threats or possible weapons

4. Stay on the phone with the dispatcher until instructed otherwise.

Emergency Phones

When the emergency button is pressed, emergency phones dial the Vanderbilt University Police Department (VUPD) Communications Center and a priority response is initiated by an officer.

Emergency phones may be used for actual or perceived emergencies ONLY.
SECURITY SERVICES

Vandy Vans
The Vandy Van shuttle bus service is provided through the Vanderbilt University Department of Public Safety (VUPS) in partnership with Vanderbilt Student Government and the Office of the Dean of Students. For complete information about the Vandy Vans service, including routes, stops, and times, please visit their website at www.vandyvans.com. Van locations and estimated arrival times are also available on the VandySafe app.

Escorts
Walking escorts go to and from Vandy Van bus stops, parking garages, and other campus locations. To request a walking escort at any time, call the Vanderbilt University Department of Public Safety (VUPS) Communications Center at (615) 322-2745. For each request, a VUPD representative is sent to the caller’s location to accompany them to their destination.

VandySafe
VandySafe is the official safety app of Vanderbilt University. With VandySafe, users can contact VUPD via phone call or real-time chat, trigger a mobile Bluelight that shares your location instantly with VUPD, initiate a “Virtual Walkhome” where VUPD can monitor your commute, submit iReports and crime tips, view information about Vandy Vans, access support resources, and view an emergency guide. VandySafe is available for download on your smartphone through the Apple and Google Play stores.

AlertVU
AlertVU rapidly sends messages to the delivery points the user has selected—cell phone (voice or text), landline phone (home or office), or personal email account. All Vanderbilt students, faculty, and staff are automatically enrolled in the system using their Vanderbilt email address. AlertVU will notify you in the event of an emergency that poses an imminent threat or danger to the Vanderbilt community (e.g., a tornado forecasted to strike Vanderbilt or an active shooter on campus). Students, faculty, and staff members are encouraged to update their AlertVU emergency contact information at the beginning of each semester or as needed at emergency.vanderbilt.edu/alertvu.
PERSONAL & RESIDENTIAL SECURITY

Recommendations for personal security:
- Download Vanderbilt’s VandySafe app for your mobile device.
- Create and update your AlertVU settings and activate text message alerts.
- Stay alert and plan ahead.
- Walk or jog in groups.
- Avoid isolated or dark areas.
- Travel with confidence and purpose (e.g., avoid dawdling, texting, or other distractions).
- Familiarize yourself with emergency phone locations.
- Do not use the ATM at night.

Recommendations for protecting personal property:
- Register possessions with Vanderbilt University Police Department’s (VUPD) Operation ID on the VUPD website.
- Lock bikes with U-bolt or thick cable (remember to lock the front wheel).
- Lock your car, don’t leave anything in plain sight, and store valuables in the trunk.
- Keep coats, backpacks, and purses with you or lock them away.

Recommendations for residential security:
- Know your neighbors.
- Do not prop open exterior doors.
- Do not allow strangers to enter with you when entering buildings or restricted areas requiring electronic key cards or coded access doors.
- Always lock your door when you leave, when you’re sleeping, and when you’re up late at night.
- See something suspicious or out of place? Contact the Vanderbilt University Police Department (VUPD) immediately.
PEDESTRIANS & MOTORISTS

Recommendations for pedestrians:
- Always cross the street at marked crosswalks or intersections.
  - Tennessee Code Annotated ensures the right-of-way to pedestrians in the crosswalk (TCA 55-8-134). However, when crossing at any point other than a marked or unmarked crosswalk, a pedestrian has a statutory duty to yield the right-of-way to all vehicles on the roadway.
- Obey traffic signals such as Walk/Don’t Walk signs.
- Look left, right, and left again before crossing and watch for turning vehicles.
- Make eye contact with motorists before proceeding into the street.
- Never assume you have the right-of-way simply because you are a pedestrian.
- Stay distraction-free when crossing the street.
- When using mobile devices and headphones in public, be aware of your surroundings.
- Wear brightly colored clothing when traveling at night.

Recommendations for motorists:
- Always be alert and watch for pedestrians and cyclists.
- When passing a pedestrian or cyclist, allow for 3-feet of clearance and slow down.
- Scan the road and the sides of the roads for pedestrians.
- Proceed with caution, drive at a safe speed, and remain aware of pedestrians’ actions near and around campus.
- Tennessee Code Annotated ensures the right-of-way to pedestrians in the crosswalk (TCA 55-8-134).
  - When crossing at any point other than a marked or unmarked crosswalk, a pedestrian has a statutory duty to yield the right-of-way to all vehicles on the roadway.
PREVENTION AND LIABILITY

Fire prevention is everyone’s responsibility.

Prohibited items apply to Vanderbilt residences and most academic buildings. Some prohibited items, such as fireworks, extend to all residents of Davidson County. Off-campus residents should become familiar with local laws and regulations.

Prohibited actions*:

- Arson and igniting fires.
- Covering or obstructing light or heating/cooling sources with flammable materials (e.g., sheets, scarves, and paper).
- Use of electronic cigarettes, vaporizers, and/or tobacco products indoors or in non-designated areas. (Please see Vanderbilt’s Smoke-Free Campus policy.)
- Use of candles or other devices that produce an open flame (items are subject to confiscation whether used or unused).
- Use or possession of fireworks.
- Use or possession of items that produce high level of heat (e.g., halogen lights and open burners).
- Use or possession of indoor or outdoor grills.
- Use or possession of combustible machines or materials in University residences.
- Use or possession of cut greenery or cut trees.
- Obstructing hallways, pathways, or windows used in case of emergency evacuations.
- Tampering with life-safety equipment (e.g., smoke detectors, fire alarms, sprinklers, emergency exit signs, and emergency exit doors).

*For a complete list of policies, refer to the Student Handbook, available online.

Cooking and appliance safety

- Cooking is the #1 cause of residential fires (83% of campus fires result from cooking).
- Attend to stovetops and ovens while cooking.
- Exposed heating elements are prohibited unless provided by Vanderbilt in apartment kitchens.
- Permitted appliances must be in good condition.
Grills, Furniture, and Decor

- Metropolitan Nashville-Davidson County Fire Code prohibits the use and storage of grills within ten feet of combustible materials on balconies or patios of multifamily dwellings.
  - Indoor and outdoor grill use is prohibited at Vanderbilt.
- Resident-owned furniture must meet the hospitality/contract-grade furniture fire-safety specifications of one of the following:
  - California Technical Bulletin 117, Section E.
- Elaborate door decorations are limited to a specific period of time set by appropriate administrators.
- Tube lights and string are prohibited with the following exceptions:
  - They are only allowed in rooms — not common areas.
  - They must be UL-approved and in good condition.
  - Only three strands can be strung together.
  - Lights and string must be plugged into an outlet or a power strip with circuit breakers.

Liability

- Residents may be held financially responsible for damages or losses resulting from accidents or negligence.
- Residents who suffer losses under such circumstances must take their claims to their own homeowners or renters insurance carriers. These companies may subrogate the claims to the carrier of the responsible resident’s insurance.
- Water damage due to sprinklers being triggered by horseplay or objects hanging from sprinkler heads is the most common issue.
- Insurance claims due to smoke and water damage from a fire have resulted in six-figure settlements between residents’ families.
LIFE-SAFETY EQUIPMENT

Fire alarms, extinguishers, sprinklers, smoke detectors, and emergency exits are provided to:
- Mitigate the possibility and severity of a fire.
- Enable efficient evacuation, if necessary.

Campus residents, students, and guests must participate in:
- Ensuring evacuations routes (e.g., walkways, stairs, corridors, and windows) remain clear at all times.
- Ensuring equipment is available and functioning (i.e., report any broken or malfunctioning devices).
- Complying with University policies.

Tampering with life-safety equipment is prohibited and unlawful. Additionally, the following actions will likely result in corrective action through the University’s accountability process:
- Activating a fire alarm for reasons other than alerting building occupants to smoke or fire.
- Disabling fire alarm and smoke detection systems.
- Tampering with door alarms, fire extinguishers, sprinkler heads, water-flow or other control valves, and other fire-safety equipment.
- Tampering with smoke detectors, emergency phones, or other life-safety and security equipment.
- Suspending items from ceilings, smoke detectors, sprinkler heads, overhead piping, or on or near water pipes, or draping items over fire-safety equipment.
- Tampering with or damaging fire-exit lights, signs, horns, strobes, or other notification devices.
- Tampering with, obstructing, and unauthorized use of emergency exit doors.

Using a fire extinguisher:
1. Pull the pin.
2. Aim at the base of the fire.
3. Squeeze the lever.
4. Sweep side to side.

To put out a grease fire:
- Smother it with the lid of a pan.
Responding to a Fire

If you smell smoke, see a fire, or hear a fire alarm:

1. **IMMEDIATELY EVACUATE THE BUILDING.** Always use the stairs. Never use elevators during a fire. Help individuals requiring assistance in evacuating.

2. If the fire alarm has not been activated, pull the manual fire alarm by the nearest exit.

3. Before opening doors, check for heat:
   a. **IF THE DOOR IS COOL:**
      i. Open the door carefully and proceed to the nearest exit.
      ii. Close doors behind you and leave lights on.
      iii. If there is light smoke, stay low and cover your face with a cloth (e.g., shirt, blouse, etc.) to filter out particulates.
   b. **IF THE DOOR IS HOT, DO NOT OPEN:**
      i. Seek another exit.
      ii. If you are on a ground floor, try to exit through a window.

4. If you are trapped in a room on an upper floor:
   a. Dial 911 to report your building, floor, room number, and the number of people with you.
   b. Prevent smoke from entering the room. If available, place wet towels or cloth material at the bottom of the door and cover any vents.
   c. If the room begins to fill with smoke, you can open the window slightly. Never break the window because this might cause a chimney effect and help spread the fire.

5. Assist others as needed:
   a. Offer to guide those with visual impairments.
   b. Instruct those with hearing impairments to evacuate with you.
   c. If you encounter anyone with mobility impairments, assist them. If they are unable to evacuate, assist them to a refuge point and instruct them to wait for Fire Department assistance.
      i. The first choice for a refuge point would be a widened stairway landing that will accommodate a wheelchair without impeding patrons as they exit. If no stairway refuge exists, have them remain in a room with a window.
      ii. Make every attempt to ensure they have a phone or cell phone available.
      iii. Make note of the individual’s exact location and continue to evacuate the building.
   d. Call 911 to report your building, floor, and location of anyone needing evacuation.

6. After you safely evacuate from the building, report to your designated rally point.

7. Report to your designated point of contact and report:
   a. The location of anyone who could not be evacuated.
   b. The location and phone number of anyone you assisted.
   c. Any problems you witnessed while exiting the building, such as hallways/stairs filling with smoke or blocked by fire.

8. **DO NOT** go back into the building until the Fire Department or the Vanderbilt University Police Department (VUPD) indicates that it is safe to do so.
THUNDER AND LIGHTNING

Severe Thunderstorms and Lightning
Lightning kills more people on average each year than hurricanes and tornadoes combined.
Lightning can strike up to ten miles away from a rain area.

The 30/30 Lightning Safety Rule
During thunderstorms no place outside is safe, but you can minimize your risk by assessing the lightning threat and taking appropriate actions. Count the number of seconds from when you see the lightning flash until you hear the thunder. If you count 30 seconds or less, you are in immediate danger. Even if you can’t see the lightning, just hearing the thunder means lightning is likely within striking range.

If you are caught outdoors in a severe thunderstorm or when lightning threatens:
1. Immediately seek shelter in the nearest building.
   a. **DO NOT** seek shelter under trees during thunderstorms.
   b. **DO NOT** seek shelter in unprotected open structures such as picnic pavilions, rain shelters, or bus stops.
   c. If a building is not available, a metal-topped vehicle with the windows up is the next best option.
2. Avoid contact with metal fences, metal bleachers, or metallic structures.
3. Avoid using hardwired-corded telephones or any electrical appliances. Cell phones are a safe alternative.
4. Avoid plumbing—do not take a bath, shower, or wash your hands during a thunderstorm.
5. Wait 30 minutes or more after hearing the last thunder clap or rumble before leaving the safe location.

If caught outdoors and no shelter is nearby:
1. Find a low spot away from trees, fences, and poles that is not subject to flooding.
2. If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. **DO NOT** lie down. If you are swimming, get out of the water immediately.

REMEMBER: If you can hear thunder, you are close enough to be struck by lightning.
Once you have taken shelter indoors, you should monitor a weather radio, a commercial radio/television station, internet, or other weather service provider. Even when a specific storm cell has passed beyond the area, conditions may still be right for high winds, lightning, and other hazardous weather conditions.
TORNADO

If you are caught outdoors and hear the Vanderbilt sirens or receive an AlertVU notice that a tornado may be approaching campus:

1. Immediately seek shelter in the nearest substantial building.
2. Never try to outrun a tornado. If you cannot seek shelter in a building, lie in a ditch or low-lying area and cover your head and neck.

Once you are indoors:

1. Alert building occupants of the impending weather.
2. Move quickly to a safe area indoors such as an interior hallway or an interior room away from windows, lobbies, and doors.
   a. Basements, which are often recommended for shelter in private residences, may not be practical for high rise buildings or some campus facilities—move to the innermost portion of the building.
   b. Stay away from windows, doors, and exterior walls.
   c. Close all doors leading to exterior rooms.
3. Once you are indoors, stay indoors until the threat has passed. To determine when the threat has passed, monitor a weather radio, a commercial radio/television station, internet, or other weather service. Even when a specific storm cell has passed beyond the area, conditions may still be right for high winds, lightning, and other hazardous weather conditions.

If you are in a classroom or meeting area:

1. The instructor or staff member should direct occupants to the nearest interior hallways and/or interior rooms away from windows.
2. Monitor your weather radio, television, or other weather service provider for additional information.
3. Follow instructions from all AlertVU messages.

If someone is injured or there is damage caused by the weather, notify the Vanderbilt University Police Department (VUPD):

1. Immediately dial 911 from any campus phone or 615-421-1911 from any other phone.
2. Exit a building that smells of natural gas or chemical fumes.
3. Do not tour damaged areas.
4. Do not go into damaged buildings.
5. If you must be outdoors, watch for downed power lines and for possible falling debris.
6. Use the telephone only to report emergencies.
7. Monitor radio and television for reports and guidance.
8. Assist others as needed.
Earthquakes strike suddenly, violently, and without warning. The majority of earthquake-related injuries result from collapsing walls, flying glass, and falling objects.

If indoors:
1. If you’re indoors, stay there. Get under—and hold onto—a desk or table, or stand against an interior wall. Stay clear of exterior walls, glass, heavy furniture, fireplaces, and appliances. The kitchen is a particularly dangerous spot. If you’re in an office building, stay away from windows and outside walls and do not use the elevator.
2. If you’re in a crowded public place, avoid panicking and do not rush for the exit. Stay low and cover your head and neck with your hands and arms.
3. In laboratories, extinguish all flames (if possible) before taking cover. Stay clear of areas with large quantities of hazardous materials.

If outside:
1. If you’re outside, get into the open. Stay clear of buildings, power lines, or anything else that could fall on you.
2. If you’re driving, move the car out of traffic and stop. Avoid parking under or on bridges or overpasses. Try to get clear of trees, light posts, signs, and power lines. Remain vigilant and be on the lookout for road hazards.
3. Keep looking around to be aware of dangers that may demand immediate movement.

When the shaking stops:
1. Check for injuries to individuals in your area. **DO NOT** attempt to move seriously injured persons unless they are in immediate danger.
2. Check the area for safety hazards such as building damage, fires, chemical spills, or gas leaks.
3. Exit the building and go to your designated rally point. Stay at least 500 feet away from the affected building or other hazards. Keep streets, fire lanes, and walkways clear for emergency vehicles and crews.
4. Take roll and report missing persons, injuries, damages, and/or potentially hazardous conditions to your designated point of contact.
5. Designated points of contact should call the Vanderbilt University Police Department (VUPD) to report any immediate emergencies.
6. Once you have exited the building, **DO NOT** re-enter the building until the building has been inspected by emergency personnel.
In the event of a medical emergency:

1. Call the Vanderbilt University Police Department (VUPD):
   - Dial 911 from any campus phone
   - Dial 615-421-1911 from any other phone

2. Provide the following information:
   - Building name, floor, and room number
   - Caller’s name and phone number
   - Nature and severity of the injury
   - Approximate age of injured person
   - Current condition
   - Any known medical history of the injured person

3. Remain with the person with the medical injury. **DO NOT** move the individual unless required to prevent further injury.

4. If possible, send someone to meet the responding emergency personnel at the location designated by the dispatcher.

Cardiac Arrest and Automated External Defibrillators (AEDs)

If the medical emergency involves someone who has experienced cardiac arrest who is not breathing and has no pulse, an AED may be required. AEDs have the ability to detect an irregular heart rhythm and to apply an electrical shock (or shocks) to the person’s heart in attempt to reset it back into a normal and effective rhythm.

Using an AED: Almost anyone can apply and use an AED. Voice prompts guide the user through the appropriate steps. AEDs are over 99% accurate in rhythm interpretation, so they won’t shock unless an individual requires it.

AEDs on the Vanderbilt Campus: All marked Vanderbilt University Police Department (VUPD) patrol vehicles are equipped with AEDs. Additionally, over 80 AED units are strategically located across the Vanderbilt campus. Additional AED program information can be found on the university emergency preparedness website at https://emergency.vanderbilt.edu/vu/aed.php.

Hypothermia is the loss of body heat faster than it can be produced. This drop in body temperature causes the heart, nervous system, and other organs to not function properly. Left untreated, this organ failure can lead to death. **DRINKING ALCOHOL INCREASES THE RISK OF HYPOTERMIA** because blood flow increases, creating a false sense of warmth while the body is actually losing an increasing amount of heat.

**During cold conditions:**
- Wear appropriately warm clothing.
- Avoid drinking alcohol to a state of intoxication.
- Always travel with friends.
- Take care of your friends.
Because an active shooter incident requires rapid response, the best time to consider how to react is in advance. By familiarizing yourself with your surroundings and possible escape routes and considering how you might react in such a situation, you can act quickly and more efficiently if the need arises.

There are three options to consider if faced with an active shooter incident: RUN, HIDE, or—as a last resort—FIGHT if your life is in imminent danger.

**RUN.** If there is a way to escape the threat and you are reasonably sure you can do so without being harmed, do it. This is your first and best option. Be sure to:

- Have an escape route in mind.
- Evacuate regardless if others agree to follow.
- Leave your belongings behind. (Keep your cell phone in your pocket.)
- Help others escape, especially those who need assistance.
- Tell others not to enter the area where the active shooter may be.
- Keep your hands visible at all times.
- Follow the instructions of any law enforcement personnel.
- Do not attempt to move injured people.
- Call 911 when it is safe to do so and provide the following information:
  o Your name and location.
  o Location of the incident (be as specific as possible).
  o Number of shooters (if known).
  o Number of persons who may be involved.

**HIDE.** If evacuation is not possible, you are told “to shelter in place,” or the active shooter is outdoors, find a place to hide where the active shooter is less likely to find you. Choose the best space that is available quickly.

**Your hiding place should:**

- Be out of the view of the active shooter.
- Provide protection if shots are fired in your direction (i.e., lock or barricade a door by any means available).
- Not trap you or restrict your options for movement.

**To prevent an active shooter from entering your hiding place, you should:**

- Turn off lights.
- Lock all doors and windows, if possible.
- Place heavy furniture or equipment in front of any doors (especially if the door does not lock or opens into the hallway).
- Close blinds and cover and move away from windows.
To keep yourself safe while hiding you should:

- Remain quiet.
- Hide behind large items (e.g., cabinets and desks).
- Silence your cell phone and turn off vibrate mode.
- Turn off any sources of noise (e.g., radios or TVs).
- Not respond to voice commands or move barricades until you are sure that commands are coming from police.
- If you can speak to a dispatcher without being overheard by the assailants, dial 911 to alert police to the situation.
- If you cannot speak, mute the speaker and leave the line open so the dispatcher can listen.
- Do not approach emergency responders; let them come to you.

If outside when a shooting occurs:

- Drop to the ground immediately, face down and as flat as possible. If within 20 feet of a safe place or shelter, duck and run for safety.
- Move or crawl away from gunfire, trying to use any obstacle between you and the gunfire. Remember, obstacles may conceal you from sight, but may not be bulletproof.
- When you reach a safe place, stay down and do not move. Do not peek or raise your head to try to see what is happening.
- Wait and listen for further instructions from law enforcement personnel.

FIGHT. This is the last resort if your life is in danger. If you cannot evacuate or hide effectively, or you have been discovered, be ready to fight. Take steps to incapacitate the active shooter:

- Act as aggressively as possible against them.
- Throw any items available at the intruder(s) to distract them (e.g., books, backpacks, etc.).
- Use improvised weapons such as a fire extinguisher or chair.
- Yell.
- Commit to your actions to save your life.
Depending on the type of emergency, it may be necessary either to evacuate a building or to shelter in place (i.e., remain in the building until emergency personnel confirm that it is safe to leave).

1. In the event of a fire alarm or if instructed by emergency personnel to evacuate, **EVACUATE IMMEDIATELY** using the nearest emergency exit.
2. Do not use elevators unless directed to do so. Never use elevators during a fire evacuation.
3. Once outdoors, report to your designated rally point. Check in and report missing persons, injuries, damages, and/or potentially hazardous conditions to your designated point of contact. Keep streets, fire lanes, and walkways clear for emergency vehicles and personnel.
4. Supervisors and designated points of contact should call the Vanderbilt University Police Department (VUPD) to report any immediate emergencies.
5. Do not re-enter the building until authorized to do so by Vanderbilt University Police Department (VUPD) or on-site emergency personnel.

**NOTE:** Review and practice evacuation routes, assembly areas, and procedures for your classrooms, laboratories, residence hall, and other facilities **BEFORE** an emergency happens.

**Emergency evacuation for people who need assistance**
When an emergency strikes, it is critical for everyone to take appropriate and deliberate action. If you observe someone having difficulty evacuating, remember to ask if assistance is needed before taking action. Inquire how best to assist the individual and whether any precautionary measures need to be taken or items need to accompany the person. Consider the following suggestions when assisting individuals in an emergency:

**Individuals with visual impairments**
- Describe the nature of the emergency and the location if relevant.
- Offer your arm to assist with guiding the individual.
- Provide details about where you are going and any obstacles the person may encounter along the route.
- Once at a safe location, orient the individual to the location and inquire if further assistance is needed before leaving the location.

**Individuals with hearing impairments**
- Alert the individual. Turn the lights on/off or wave your arms to gain the person’s attention.
- Indicate directions with gestures or write a note with evacuation instructions.
Individual with mobility impairments

- Ask if assistance is needed and what the person’s preference is.
- Ensure a clear path of travel. If debris is present, it may be necessary to clear a path to the nearest exit route.
- If there is no imminent danger, the person may choose to remain in the building or to be directed to an area of refuge (stairwell) until emergency personnel arrive. Fire Department personnel, who are trained in emergency rescue, can then enter the building and assist the person in exiting the building, either down the stairs or using the emergency elevator recall.
- If danger is imminent, use a sturdy chair, with or without wheels, to move the person, or help carry the person to safety using a carry technique, or, if available, use an evacuation chair. If the person uses a wheelchair, ask if they want to be moved and follow their preferred carry technique.
- Return any mobility aids or devices to the person as soon as possible.
- Once you safely evacuate, notify emergency personnel immediately about any individuals remaining in the building and their locations.

Carry Techniques

ONLY TO BE USED IN EMERGENCY SITUATIONS WHERE DEATH OR SERIOUS BODILY INJURY IS IMMINENT.

One-person Carry Technique (The Cradle Lift)

- The Cradle Lift is the preferred carry method when the person to be carried has little or no arm strength. It is safer if the person being carried weighs less than the carrier.
- Place one arm under the upper back and one arm under the knees.

Two-person Carry Technique (The Swing Carry or Chair Carry)

- Carry partners stand on opposite sides of the individual. Wrap individual’s closest arm around one carry partner’s shoulder.
- Grasp carry partner’s forearm behind the individual in the small of the back.
- Reach under the individual’s knees to grasp the wrist of carry partner’s other hand.
- Both carry partners should then lean in close to the individual and lift on the count of three.
- Continue pressing into the individual being carried for additional support in the carry.