



Emergency Preparedness and Response

Summer 2023





TOPICS

Objectives: 1) be more prepared than you were yesterday and 2) know your resources

Emergency Communications

**Active Assailant
Preparedness and Response**

Fire Safety Basics

**Medical Emergencies and
AEDs**

Severe Weather Safety

Training Offerings

If you have any questions regarding content, contact the Office of Emergency Management at emergency.vanderbilt.edu/vu/contact-us.php



EMERGENCY COMMUNICATIONS

EMERGENCY CONTACTS



Please take a moment now to ensure the phone numbers listed are saved in your cell phone's contact list. If not, gather and save them as soon as possible!

Vanderbilt's Emergency Line
(615) 421-1911 or VandySafe "Contact
VUPD" Button
Direct line to VUPD

VandySafe "Emergency" Button/
Trigger Mobile BlueLight
Direct line to VUPD and location sharing

9-1-1
Direct line to MNPD

Your Vanderbilt emergency point
of contact

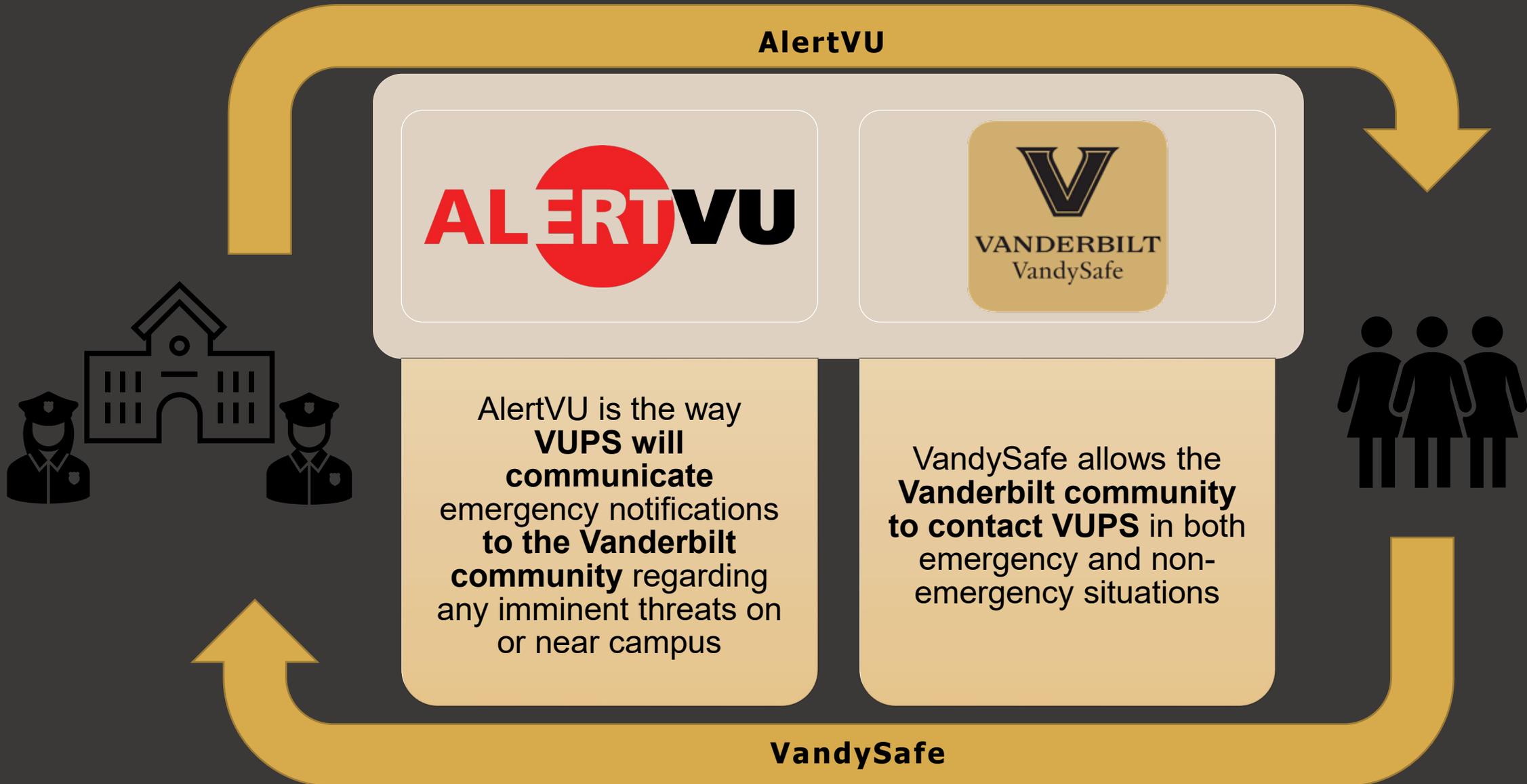
Phone numbers of other
colleagues/ peers



ALERTVU and VandySafe



What are they and why should you utilize both resources?





ALERTVU

AlertVU = TAKE ACTION

- AlertVU is Vanderbilt's emergency mass notification system
- In the event of an **emergency** that **poses an imminent threat or danger** to the Vanderbilt community, **AlertVU rapidly sends messages** to the delivery points the user has chosen—cell phone (voice or text), landline, Vanderbilt email, and personal email account.
- This is how VUPS will communicate urgent situations to the Vanderbilt community, including emergencies such as shootings, fires, bomb threats, tornado warnings, etc.

Your responsibility:

- Ensure all preferred delivery methods are up to date to receive Alert VU messages
- [Watch this video for related information](#)





ALERTVU – VU COMMUNITY MEMBERS

How to register and update methods of delivery for anyone with a VUNetID or VUMC ID:

VU Students

AlertVU contact information is maintained within YES

Detailed instructions can be found here: **AlertVU – Student Updates**

VU Staff and Faculty

AlertVU contact information is maintained within Oracle Cloud

*Personal Details section-
Biographical Info tab

Detailed instructions can be found here: **AlertVU – Staff & Faculty Updates**

VUMC Employees

AlertVU contact information is maintained within Workday

Detailed instructions can be found here: **AlertVU – VUMC Employees**

[Visit the AlertVU Webpage](#) for additional information



ALERTVU - Campus Visitors and Guests

How to register and update methods of delivery:

Campus visitors and guests: Sign up for **AlertVU today!**

Vanderbilt University Public Safety invites you to...

Register to receive emergency notifications via text, phone call, and/or email

AlertVU rapidly sends messages to the delivery methods a user has chosen - **phone call, text, and/or personal email** - in the event of an emergency that poses an imminent threat or danger to the Vanderbilt community.

Users can stop receiving notifications at any time by updating their registered delivery methods in their profile.

Follow [this link](#) to sign up for the AlertVU Community Portal

Brought to you by the:
Office of Emergency Management

To register, please visit:
<https://vu.edu/alert-portal>

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Note: You can stop receiving notifications at any time by removing your contact information from your profile

VANDYSAFE



This application is available for download on your smartphone through the Apple and Google Play Stores

Visit the following link for additional information:

[VandySafe Webpage](#)

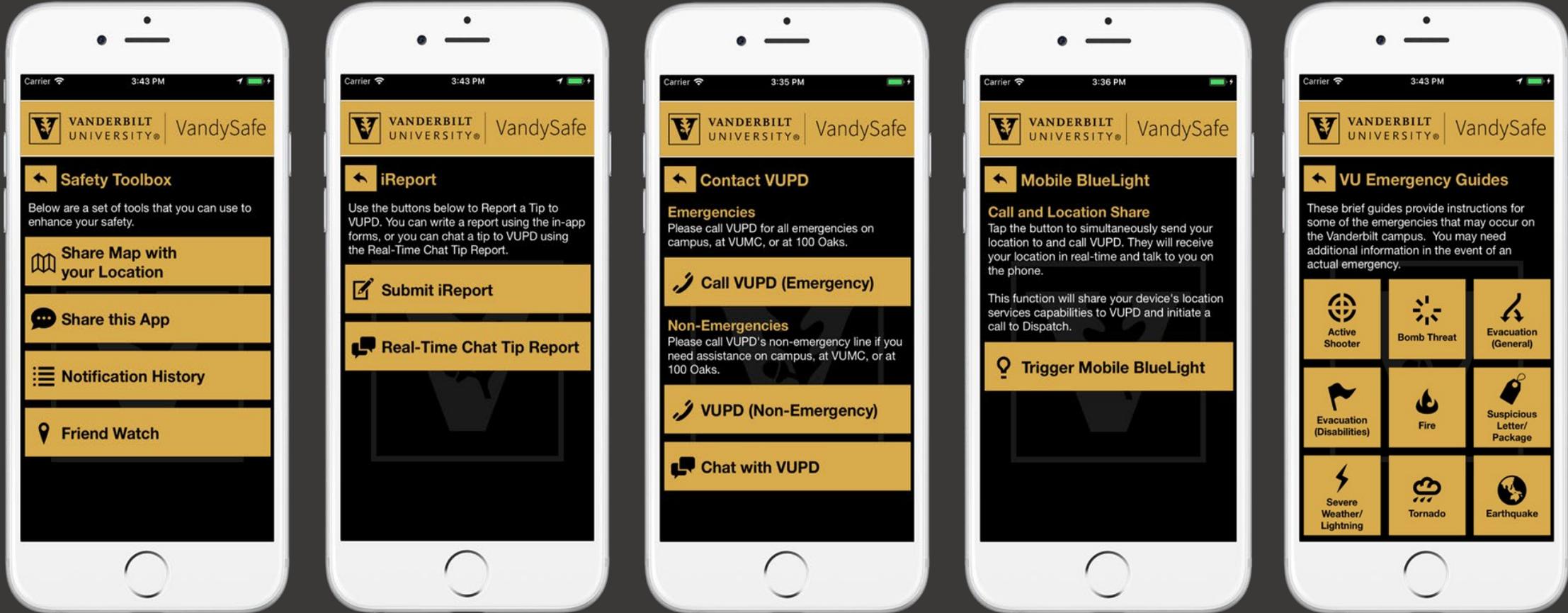
VandySafe users have the ability to:

- View emergency guides
- 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 walk home, to the car, or the office
- Submit iReports and crime tips
- View information about VandyRide
- Access support resources, such as Facilities, EAP and Project Safe
- Much more!



VANDYSAFE APP – QUICK PREVIEW

Enable push notifications within the app to ensure you receive all important messaging!



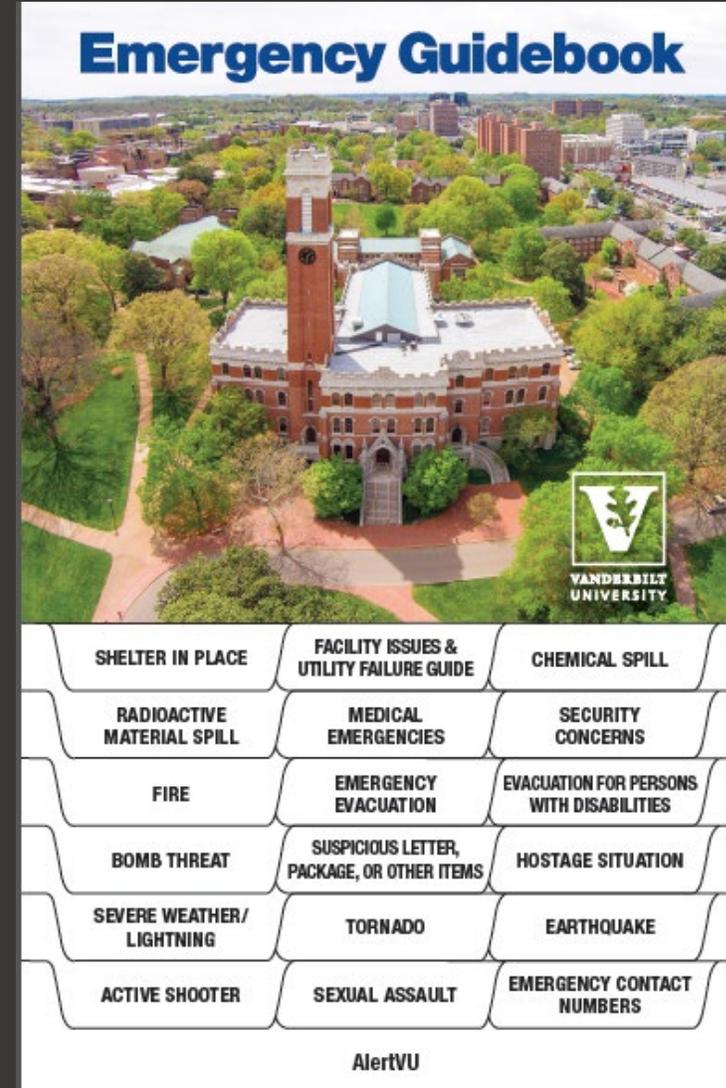
VUPD Contact Information

615-421-1911 OR 615-322-2745 OR VandySafe Call VUPD (Emergency/Non-Emergency)



EMERGENCY GUIDES

- Available Online ([VU Emergency Guides](#))
- Available on VandySafe App
- Covers a wide range of topics
 - Active Shooter (Assailant)
 - Medical Emergencies
 - Fire
 - Facilities Issues
 - Emergency Evacuation
 - Severe Weather
 - Chemical Spills
 - Emergency Contact Numbers



FIRE SAFETY



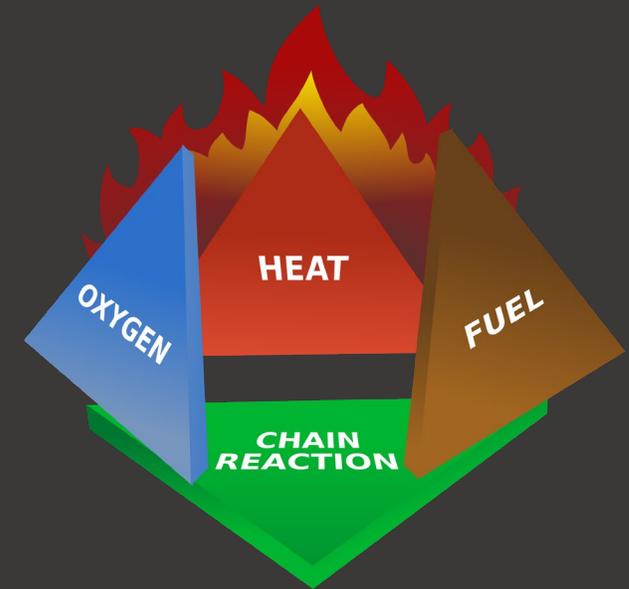
FIRE GROWTH & CLASSES

Fire needs 3 ingredients/elements to ignite

- Fuel
- Oxygen
- Heat

A combination of these elements causes a chemical reaction, resulting in fire

Remove one element and the fire will extinguish





PREVENTION & MITIGATION

- ***What are possible causes of fires?***

- Improper disposal of smoking materials
- Electrical fires caused by overloaded electrical outlets and extension cords
- Open flames and candles
- Flammable and combustible liquids
- Cooking
- Arson

- ***How can you prevent fires?***

- General housekeeping
 - Keeping passageways clear of obstructions
 - Ensuring fire safety equipment (i.e., sprinklers) are unobstructed
 - Keep fire rated doors closed
- Electrical wiring and appliances
- Storage

FIRE RESPONSE



In the event of a fire...

- ❑ **Alarm building occupants by activating the pull station**
 - Located within 5 feet of every designated exit
- ❑ **Call VUPD (615-421-1911)**
- ❑ **Find the nearest extinguisher**
 - NEVER try to extinguish a fire that is bigger than a small trashcan

Extinguisher Use

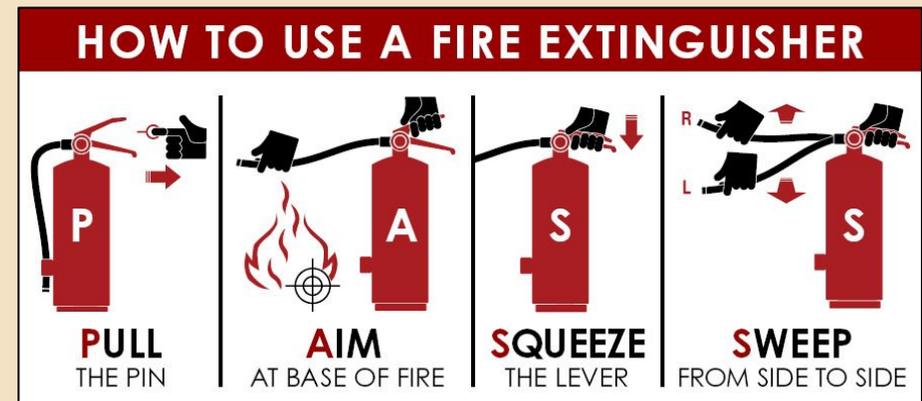
Remember the acronym PASS

PULL the pin in the muzzle of the extinguisher

AIM the nozzle of the extinguisher at the base of the fire

SQUEEZE the handles together

SWEEP from side to side covering the fire



MEDICAL EMERGENCIES



MEDICAL EMERGENCIES

In the event of a medical emergency:

- Do **NOT** move the individual unless instructed to do so by emergency personnel
- Call VUPD at 615-421-1911
 - Provide as much information as possible – this helps first responders
- Remain on the line with VUPD/Dispatch and remain with the injured person until first responders arrive
 - Send someone to meet with the emergency personnel if possible

You may need to use an AED if the individual is unconscious

- Automated External Defibrillators (AEDs) can shock heart into normal rhythm
 - AEDs are over 99% accurate – will not shock unless needed
- AEDs are in many buildings across campus – **know their locations by reviewing the map at this link!**



SEVERE WEATHER



SEVERE WEATHER SAFETY

Thunderstorms



- Get into a building or hard-topped car.
- Open-air shelters are not adequate.

Tornadoes



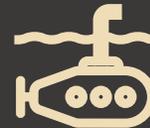
- Go to the lowest floor in a sturdy building.
- Interior room, no windows.

Winter Weather



- Stay off the roads, if possible.
- Dress in layers if you must go out.
- Keep a safety kit in your car, including but not limited to:
 - Battery booster cables, tow rope, flashlight, candles with matches, ice scraper, blanket, gloves, hand wipes, snacks, etc.

Flooding

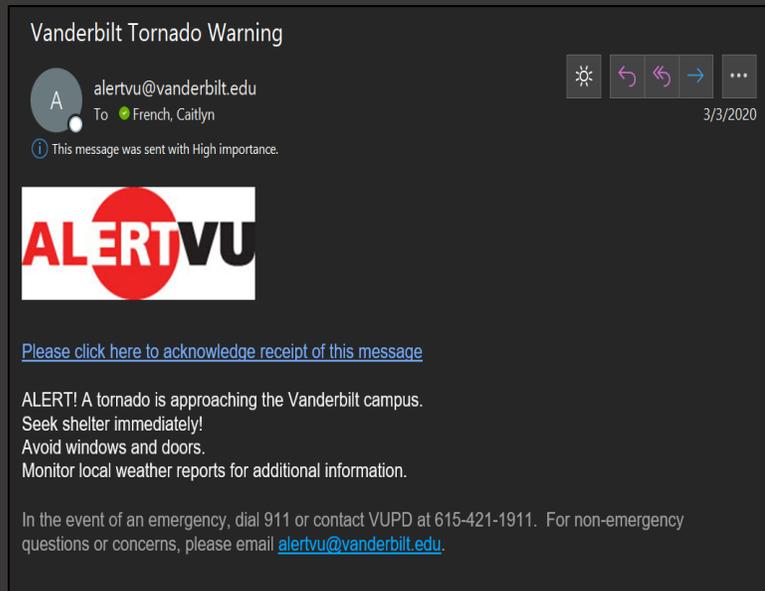


- Do not drive through flooded roads.
- Do NOT drive through flooded roads.
- DO NOT drive through flooded roads.
- **TURN AROUND, DON'T DROWN**



TORNADO SAFETY

AlertVU example email:



If a Tornado Warning is issued for Campus, you will receive an AlertVU notification and the outdoor sirens will sound.

You should:

Take shelter

- Sturdy building (no cars, tents)
- Interior room, no windows
- Lowest possible floor

Stay aware

- Check for updates
- Don't leave shelter until All-Clear is given



WATCHES

The **ingredients are present but have yet to come together to create the hazard.**

Stay alert and review your hazard-specific plan. Stay tuned for updates.

Example: taco ingredients prepared



WARNINGS



The **ingredients have come together, and the hazard is occurring or is imminent.**

Act on your plan. Check for updates.

VUPS Dispatch will send an AlertVU and the sirens will sound

Example: fully assembled taco





LOCAL ALERT RESOURCES

Twitter:

- ☐ National Weather Service Nashville
 - @NWSNashville
- ☐ NashSevereWeather
 - @NashSevereWx
- ☐ Local News Channels

Apps:

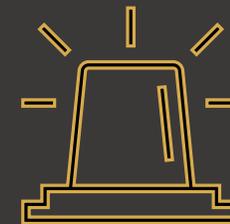
- FEMA
- AccuWeather
- Baron Critical Weather
- Local News Channels
- Much, much more

Additional Resources:

Wireless Emergency Alerts (WEA)

NOAA Weather Radio

Metro Emergency Alert Notification System (MEANS)



ACTIVE ASSAILANT

Vanderbilt University recognizes the topic of active threats is highly sensitive. The purpose of this training is to educate our community on prevention strategies and to prepare them in the event they are confronted with an active assailant situation.



WHAT IS AN ACTIVE ASSAILANT?

An Active Assailant is...

- A person actively engaged in killing or attempting to kill people in a confined and/or populated area.
- An armed person who has used deadly force and continues to do so with unrestricted access to additional victims.

Active Assailant situations are unpredictable and evolve quickly

Because these situations are often over before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active assailant

What should you know?





PREVENTION

If you see something, say something!

EMERGENCY –

Call 911 or VUPD Emergency Line
(615) 421-1911

NON-EMERGENCY –

Call (615) 322-2745



Indicators of Potential Violence

Obsession with guns and mass shootings

Increased use of alcohol/drugs

Extreme isolation or withdraw

Severe mood swings

Aggressive behavior

Threats of violence

Very few active assailants had previous arrests for violent crimes

Residential/Workplace Safety

- Know your neighbors or coworkers; maintain situational awareness
 - Do not prop open exterior doors
- If you come in through an electronic key card access door, do not allow strangers to enter with you
- Always lock your door when you leave or are sleeping

For more Crime Prevention assistance:

Medical Center: michael.t.pring@vanderbilt.edu

University: p.conwell@vanderbilt.edu



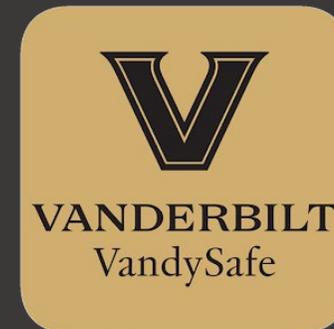
PREPAREDNESS

What can I think through today?

- Don't assume it will never happen
- Always be aware of your surroundings
- Know multiple exits for your area
- Identify door locks and objects that can be used to barricade entryways
- Know your exact location by address, building name, and office number
- Have a plan
- Review [Preparedness Checklist](#)

Know what to report

- Report what you know!
- When you call, provide these details:
 - Location of the suspect
 - Description of the suspect (clothing, race, gender, etc.)
 - Types of weapons, if known



Do not put yourself in harm's way to find out details



YOUR RESPONSE



RUN



HIDE



FIGHT



<https://emergency.vanderbilt.edu/vu/quick-ref-guides/active-shooter/>



YOUR RESPONSE



RUN

- Act immediately
- Have a plan – know your escape routes
- Leave your belongings behind; take your cell phone if safe
- Evacuate regardless of whether others agree to follow
- Help others escape, if safe and able
- Do not attempt to move the wounded
- Direct others away from the area as you leave
- Keep your hands visible
- Call 911 when you are safe



YOUR RESPONSE



HIDE

- Barricade and lock doors
- Turn off lights
- Close blinds
- Hide out of view of windows and doors
- Hide behind large, solid objects (desks, closets, exterior walls)
- Silence your cell phone and remain quiet
 - Use texts, do not use voice calls
 - **VandySafe has a chat feature monitored real time**
- Do not respond to commands even if you believe they are from the police. Wait for instructions from AlertVU
- If outside, drop to the ground and use obstacles as cover



YOUR RESPONSE

As a last resort and only when you are in imminent danger...



FIGHT

- Commit to your actions... your life depends on it
- Act with as much physical aggression as possible
- Attempt to overwhelm – with a group, if possible
 - Yell loudly
 - Throw items at the assailant (books, backpacks, water bottles)
- Improvise weapons (chairs, fire extinguishers)
- Attempt to incapacitate the shooter
- If assailant is subdued, drop any weapons



ACTIVE ASSAILANT RESPONSE: VULNERABLE POPULATIONS

YOUTH AND/OR THOSE WITH DISABILITIES



WHEN RESPONSIBLE FOR VULNERABLE POPULATIONS – YOUTH AND/OR THOSE WITH DISABILITIES

What to keep in mind prior to and during an active assailant situation

**Prepare and
Prevent**

Respond

- Shelter in Place
 - Evacuate

*The objectives are to 1) **stay safe** and 2) **slow down the assailant***



WHEN RESPONSIBLE FOR VULNERABLE POPULATIONS – YOUTH AND/OR THOSE WITH DISABILITIES

PREPARE AND PREVENT

- Be familiar with environment at all times, identify multiple exits. Scan unfamiliar environments for hazards
- Review scheduled activity and locations for the day, know your routes in advance
- Ensure you have an accurate daily roster and headcount process (consider duplicates)
- Identify and communicate nearby meet-up/rally points
- Responsible adults should have a plan to evacuate, hide, or protect the group considering age group and abilities
- Tailor internal emergency communications plans to alert audiences appropriately (e.g., songs and games for young children, code word from teacher to teacher)
- Engage Communications team to create scripts for communications to parents/ guardians
- Communicate emergency pickup plans for parents, including dismissal procedures
- Review the Emergency Evacuation guide on the OEM website



WHEN RESPONSIBLE FOR VULNERABLE POPULATIONS – YOUTH AND/OR THOSE WITH DISABILITIES

MOVE TO SHELTER IF RUNNING IS NOT AN OPTION



SHELTER IN PLACE

- When indoors, barricade and lock doors immediately
 - Close blinds and turn off lights
 - Hide behind large items, outside of view
 - Keep children and others as quiet and calm as possible
- Silence your cell phone and remain quiet
 - Use texts, do not use voice calls
 - VandySafe has a chat feature monitored live
- Do not respond to instructions from unknown persons
 - Wait for instructions from AlertVU or a trusted source

- If sheltering indoors is not an option
 - Move the group away from the threat
 - Use large objects to conceal hiding location



WHEN RESPONSIBLE FOR VULNERABLE POPULATIONS – YOUTH

RESPOND – EVACUATE



EVACUATE

- Leave area with the group you are responsible for
- Quickly move to the designated rally point(s)
- Have an escape route and plan in mind
- Consider alternative transportation methods
- Maintain accountability with groups
- Leave belongings behind; bring cell phone if safe and able
- Do not attempt to move the wounded
- Direct others away from the area as you leave
- Keep your hands visible
- Call 911 when you are safe



WHEN RESPONSIBLE FOR VULNERABLE POPULATIONS – PERSONS WITH DISABILITIES

RESPOND – EVACUATE

Individuals who are blind

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



EVACUATE

Individuals who are deaf or hard of hearing

1. Alert the individual. Turn the lights on/off or wave your arms to gain the person's attention.
2. Use gestures or written notes. Indicate directions with gestures or write a note with evacuation instructions.



WHEN RESPONSIBLE FOR VULNERABLE POPULATIONS – PERSONS WITH DISABILITIES

RESPOND – EVACUATE



EVACUATE

Mobility Limitations

1. Discuss needs and preferences: Ask if assistance is needed. Inquire if the person is able to evacuate using the stairs without help or with minor assistance. Non-ambulatory persons' needs and preferences vary widely. Ask them how they would like to be assisted.

Individuals who use wheelchairs may choose to evacuate themselves from the ground floor with minimal assistance.

2. Ensure a clear path of travel: If debris is present, it may be necessary to clear a path to the nearest exit.

3. Moving or carrying non-wheelchair users: 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.

4. Carrying wheelchair users. Most wheelchairs are too heavy to carry down stairs. If the person wishes to be carried down the stairs without the wheelchair, ask about the best carry options, i.e., two-person cradle carry, office chair evacuation, or, if available, an evacuation chair.

If the individual does not wish to be removed from his or her wheelchair, direct the person to the nearest area of refuge (stairwell) and notify emergency personnel immediately. While staying in place, the wheelchair user should keep in direct contact with VUPD Communications by dialing 615-421-1911 from a cell phone and reporting directly pertinent information including location.

5. Mobility aids or devices. Return any mobility aids or devices to the person as soon as possible.

6. Notify Emergency Responders: Once you safely evacuate, notify emergency personnel immediately about any individuals remaining in the building and their locations.



POLICE RESPONSE

- Officer's primary objective is to eliminate the threat
- Expect an aggressive response from officers
- Officers may have various types of uniforms
- Officers will assist the wounded only after the threat is contained



WHEN LAW ENFORCEMENT ARRIVES

- Remain calm and follow instructions
- Drop any items in your hands, raise hands, and spread fingers
- ALWAYS keep your hands visible
- Avoid quick movements towards the officers
- Avoid pointing, screaming, or yelling
- Do not ask questions when evacuating

CALL TO ACTION & KEY TAKEAWAYS



PREPAREDNESS CHECKLIST

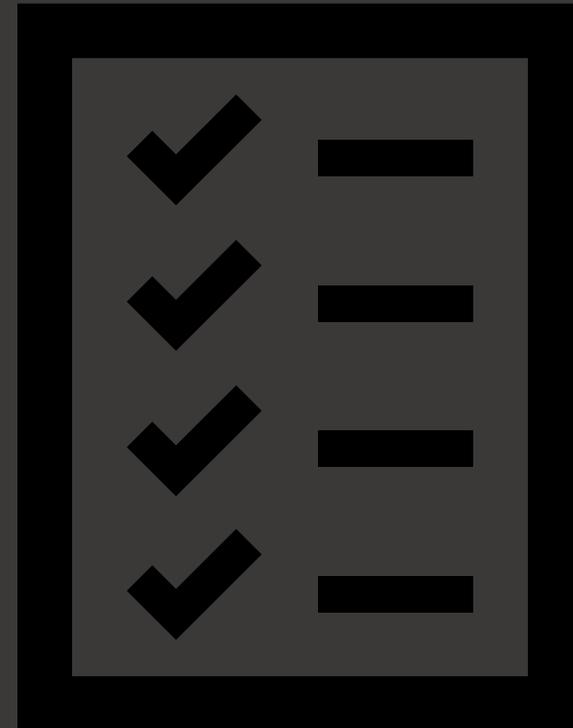
YOUR CALL TO ACTION

Things to do NOW!

- Sign up for **AlertVU**
- Download **VandySafe** app and familiarize yourself with its contents
- Save VUPD's **emergency line** in your phone: 615-421-1911
- Make sure Vanderbilt has your most up-to-date emergency-contact information (Oracle, YES, or Workday)

Key Takeaways

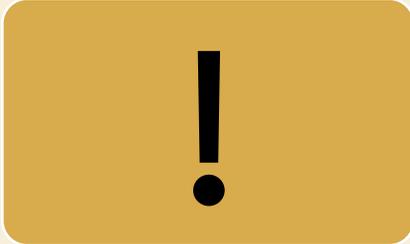
- Always maintain **situational awareness** (nearest exits, stairwells, windows, locks, equipment, etc.)
- Familiarize yourself with the **VU Emergency Guides**
- Review **Run, Hide, Fight** response materials
- Familiarize yourself with **Shelter in Place** and **Evacuate** for youth and those with disabilities
- Know where to evacuate during a fire alarm and how to use an extinguisher (**Pull, Aim, Squeeze, Sweep**)
- Know potential **severe weather shelter** locations





MENTAL HEALTH AND WELLNESS RESOURCES

Available to Students



For an Immediate Crisis

On campus: Vanderbilt University Police Department (VUPD) at (615) 421-1911. (The non-emergency VUPD number is (615) 322-2745)

Off campus: Call 911; **Closest Emergency Room:** VUMC

If you or someone you know needs to speak with a University Counseling Center professional immediately: Call the UCC at (615)-322-2571

*If you are calling the UCC after hours, you will be transferred to an answering service with mental health providers on call

If you or someone you know would like to speak by phone or text with a trained urgent care professional, there are nation-wide services available:

Text VANDY to the Crisis Text Line at 741741 to communicate with a trained crisis counselor, anywhere in the United States, anytime, any type of crisis.

Call the Suicide & Crisis Lifeline at 988.

Text STEVE to the Crisis Text Line at 741741 (for students of color).

Call the Trevor Project Lifeline at 1-866-488-7386 or text START to 678-678 (for LGBTQ+ students under 25 years old).

Call the Trans Lifeline at 1-877-565-8860 (for transgender individuals).



On Campus Resources

[University Counseling Center](#)

[Student Health Center](#)

[Center for Student Wellbeing \(CSW\)](#)

[Student Care Coordination](#)

[Martha Cuninggim Women's Center](#)

[Project Safe Center](#)

[Office of the University Chaplain and Religious Life](#)

[LGBTQI Life](#)

[Bishop Joseph Johnson Black Cultural Center \(BCC\)](#)

Additional Information & Off Campus Resources:
[Mental Health Resources](#)



MENTAL HEALTH AND WELLNESS RESOURCES

Available to Faculty, Staff, and Postdocs

Mental Health Services/EAP



- Our new mental health services, administered by Lyra, provides:
 - Services for VU employees, spouses and children 2+ years of age
 - 12 counseling sessions per year (use Aetna for additional sessions)
 - Services available 24/7, 365 days a year
 - On-demand courses led by clinicians and subject matter experts
 - Register at learn.lyrahealth.com with customer code #vanderbilt511
 - **To schedule an appointment with a therapist, visit vanderbilt.lyrahealth.com or call 877-804-2856**

Wellness and Healthy Habits



- Our new wellness program, administered by Virgin Pulse, replaces Go for the Gold and comes with an expanded incentive program
 - Develop healthy routines
 - Engage in healthy competitions
 - Earn rewards
- Visit join.virginpulse.com/VU to sign up

Office of Health and Wellness
wellbeing@vanderbilt.edu
Vanderbilt.edu/healthwellness

TRAINING OFFERINGS

TRAINING OFFERINGS



PROVIDED BY THE OFFICE OF EMERGENCY MANAGEMENT
(OEM) IN COORDINATION WITH VUPD

Emergency Preparedness

Emergency Communications

Medical Emergencies

Active Assailant (VUPD)

Pedestrian Safety (VUPD)

Fire Safety

Mitigation/Prevention

Fire protection equipment

Special events

Extinguisher use

Evacuation and rally points

[Contact OEM](#) to
learn more or
request additional
information

Workplace Safety

Safety in the workplace

Communicating hazards

Slip/trip hazards

Severe Weather

Watches vs Warnings

Tornado Safety

General safety for: thunderstorms,
winter weather, flooding