

# Checklist: Acute and life-threatening violence (PLIVO)

## Checklist: Know your premises

If facing a PLIVO situation (situation involving ongoing life-threatening violence) it's crucial to have a clear understanding of your surroundings. This checklist is designed to enhance your preparedness and knowledge, offering valuable insights for handling a PLIVO situation effectively.

### Getting acquainted with the premises

Familiarize yourself with the locations you frequent daily, as well as those where events are held. Utilize this checklist to evaluate your options for the three primary actions: RUN, HIDE, ACT. Walk through the available escape routes to ensure you're familiar with them.

### Checklist

<b>RUN</b>	<b>Comment</b>
Identify the nearest exit	
Are there alternative exits? Where do they lead?	
Where are the emergency exits? Where do they lead?	
Can you climb out of the windows? Check the height and landing surface	
Can the windows be opened, are they reinforced? If not, what can be used to break them? Where do you go next?	
Can you climb onto a balcony, terrace, ledge, or roof? Where do you go next?	
Where do we evacuate to? NOT an emergency assembly point.	
<b>HIDE (barricading)</b>	
Can the door be locked? How can it be locked swiftly and effectively?	
Which way does the door swing? Inwards requires blocking. Outwards requires holding the door shut	
How durable is the door? Check the material, hinges, door pump.	
Does the door have a handle or a knob? How can this be used to make a barricade?	
Do the walls provide concealment/protection?	
Can you avoid being seen from the outside?	
Where are the light switches? How do you turn the lights on/off? Lights can be used to hide, but also to blind an attacker.	
Can the windows be covered? Are there curtains and how are they drawn? Are there other ways to cover the windows?	
Which available resources can be used to make a barricade? Immediate: equipment, cables, clothes, belts etc. Improvised: what can be dismantled and used? Prepared: emergency bag with strips, gaffer tape and door wedges.	
<b>FIGHT (be resourceful, create dynamics)</b>	
Identify potential makeshift weapons from available furniture, bottles, hot liquids, fire extinguishing equipment, or electrical devices.	
Can something be dismantled/broken and used for self-defense?	
Think through how you who are in the room can act in a coordinated way	
Determine optimal positions for utilizing resources effectively	
Which way does the door swing?	
Are there corners or partition walls that can be used?	
Where is the light switch?	

Find more information about life-threatening violent situations, an e-learning course, and an animated film about action options you have in a PLIVO situation on [sikresiden.no](http://sikresiden.no).