



Safety by Design: *Preventing Escalation Before It Starts*

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**You will learn
about...**



What are Possible Safety Risks



safety
first

**What Can
You Do to
Prevent
Safety Risks?**

Systemic

Procedural

Relational

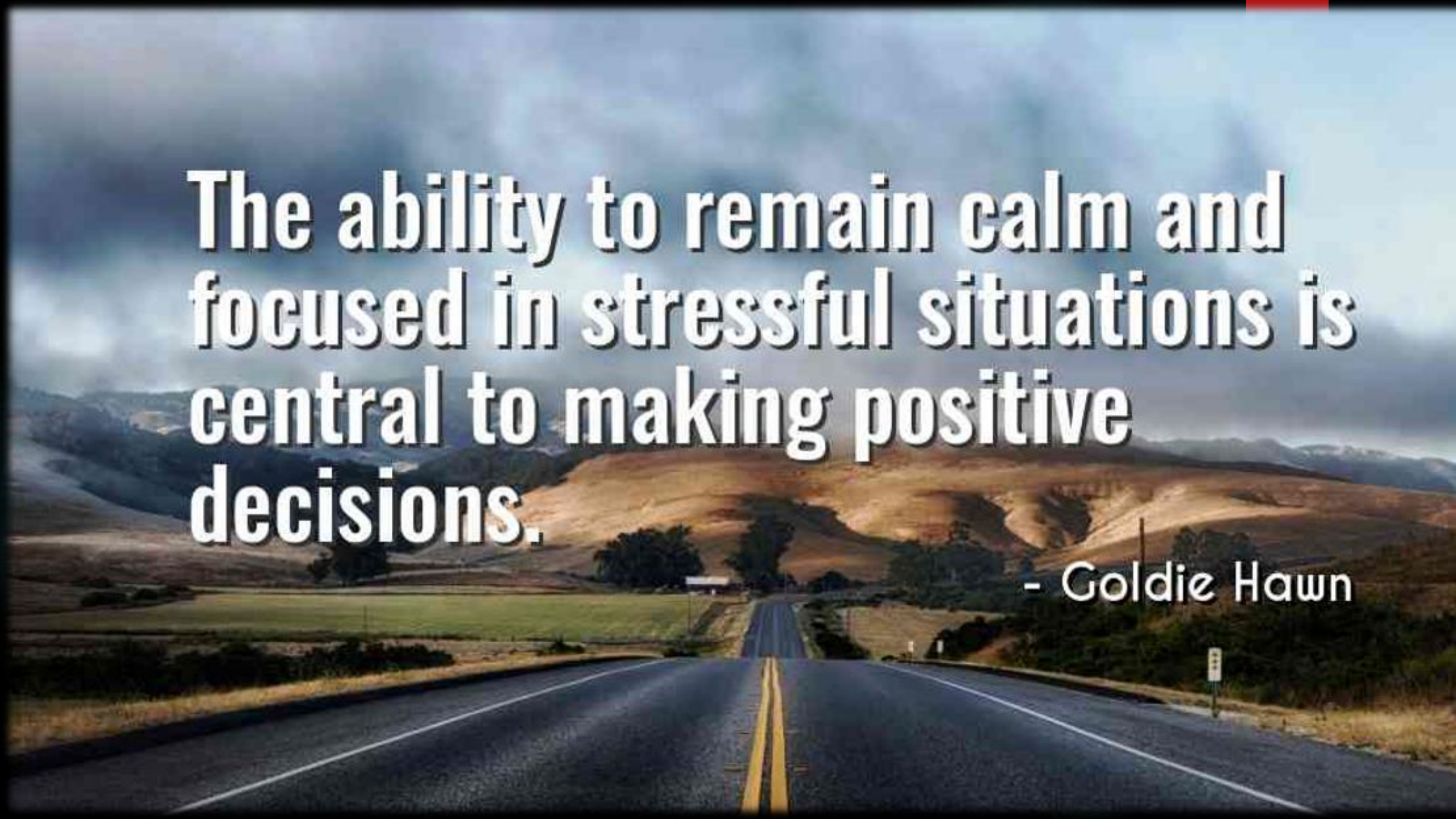
Getting Started

"Preparation is Prevention"



HELPFUL TIPS



A scenic landscape featuring a two-lane asphalt road with a double yellow line, curving through rolling hills. The hills are covered in dry, golden-brown grass and some green patches. The sky is filled with heavy, grey clouds, suggesting an overcast or stormy day. The overall mood is contemplative and serene.

The ability to remain calm and focused in stressful situations is central to making positive decisions.

- Goldie Hawn





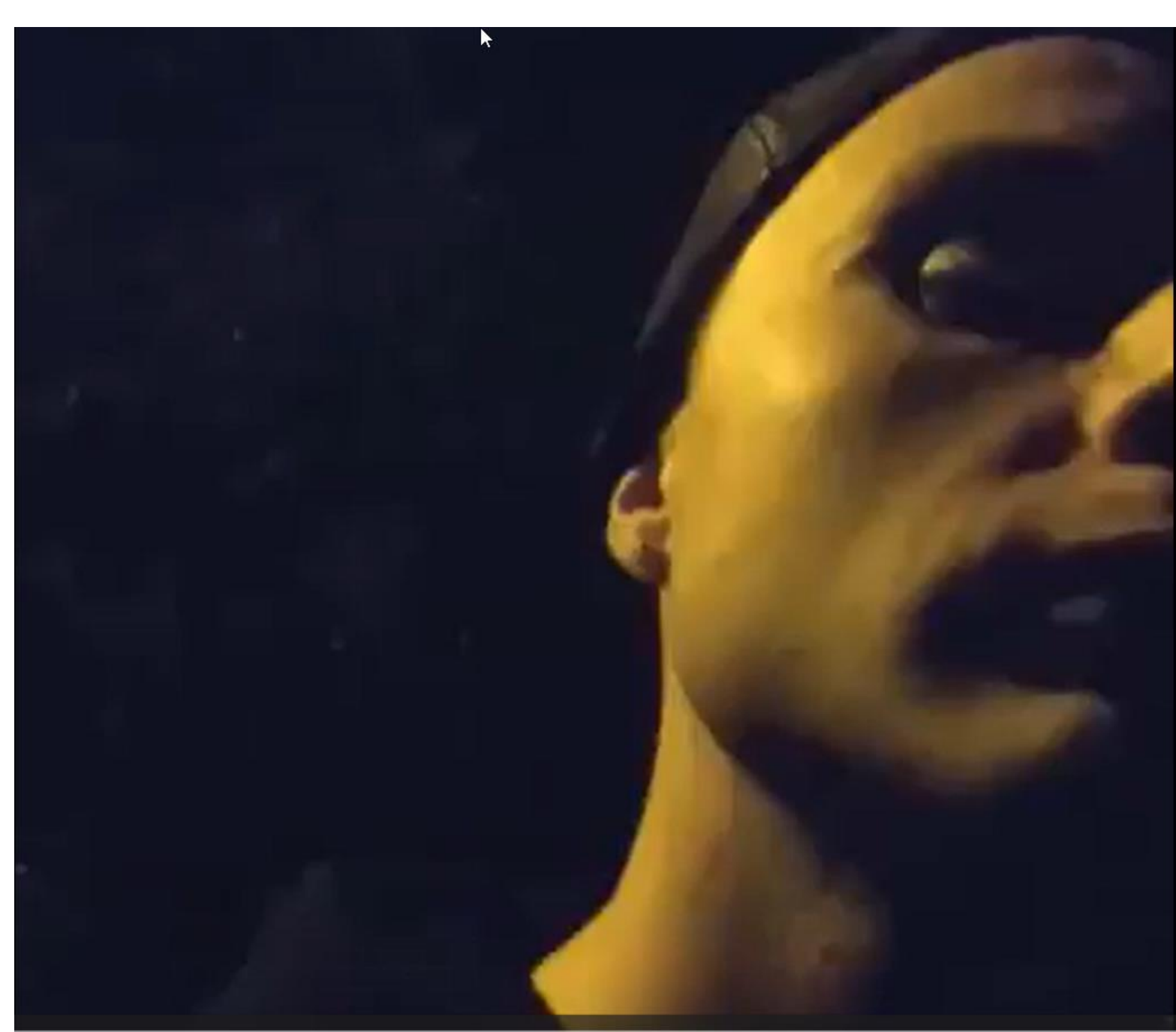
Physical & Behavioral Changes



Signs of Extreme Fatigue

Fidgeting or Clenched Fists





Jaw Clenching



Sweating
Reddened Face

Trembling or Shaking







Angry man thinks he's getting laughed at [Dashcam]



Oversensitivity

Pointing & Jabbing Fingers



Standing Too Close – Aggressive Posturing



Violating your personal space



Staring Eyes

10/10/2025 21:29:45

BWL7-027145



LAW & CRIME
AFTER HOURS

Death Stare



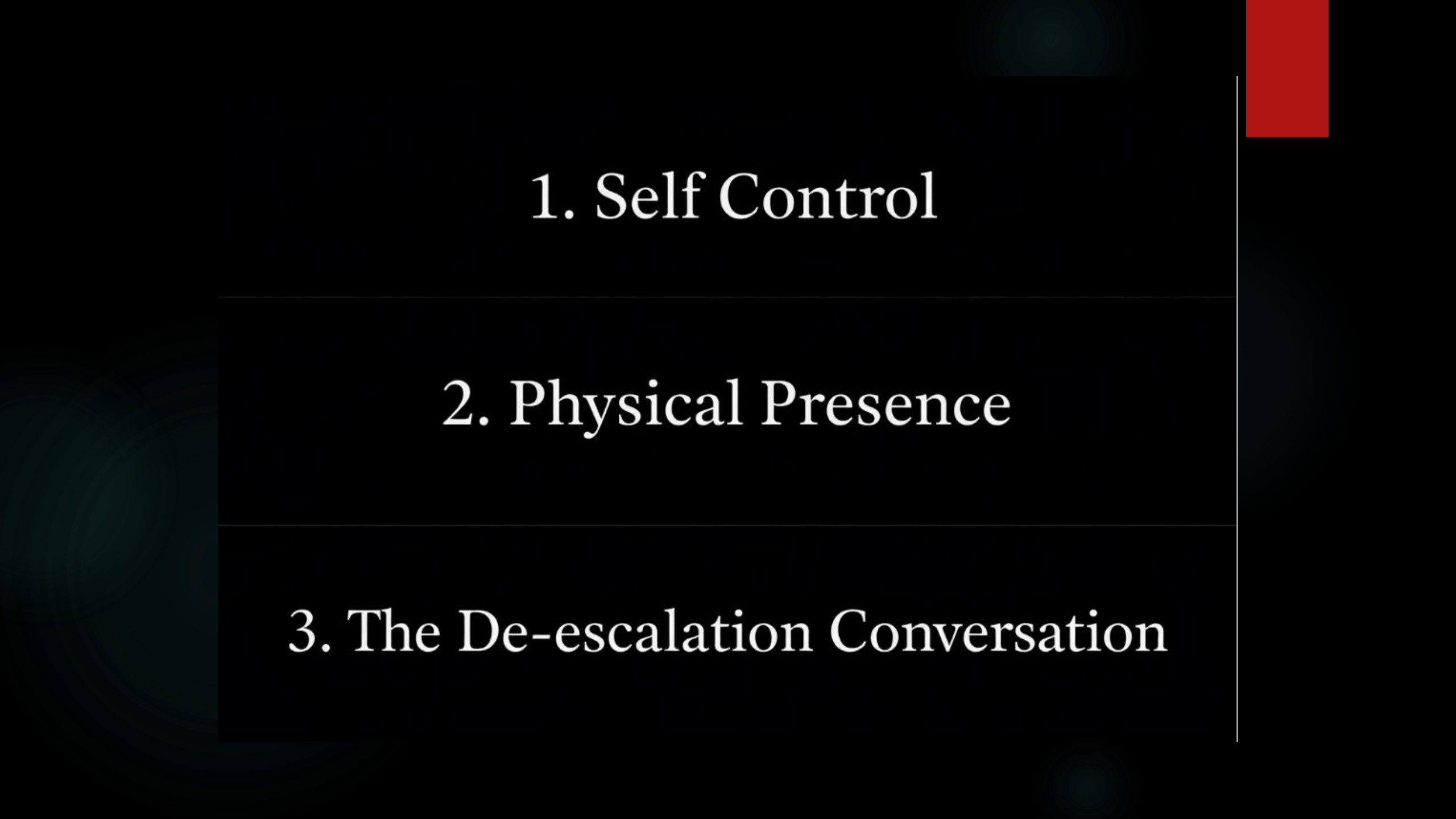
What is the person
saying and how
are they saying it?

What is the person
doing and how are
they doing it?



Apparatus
Joints
Bones

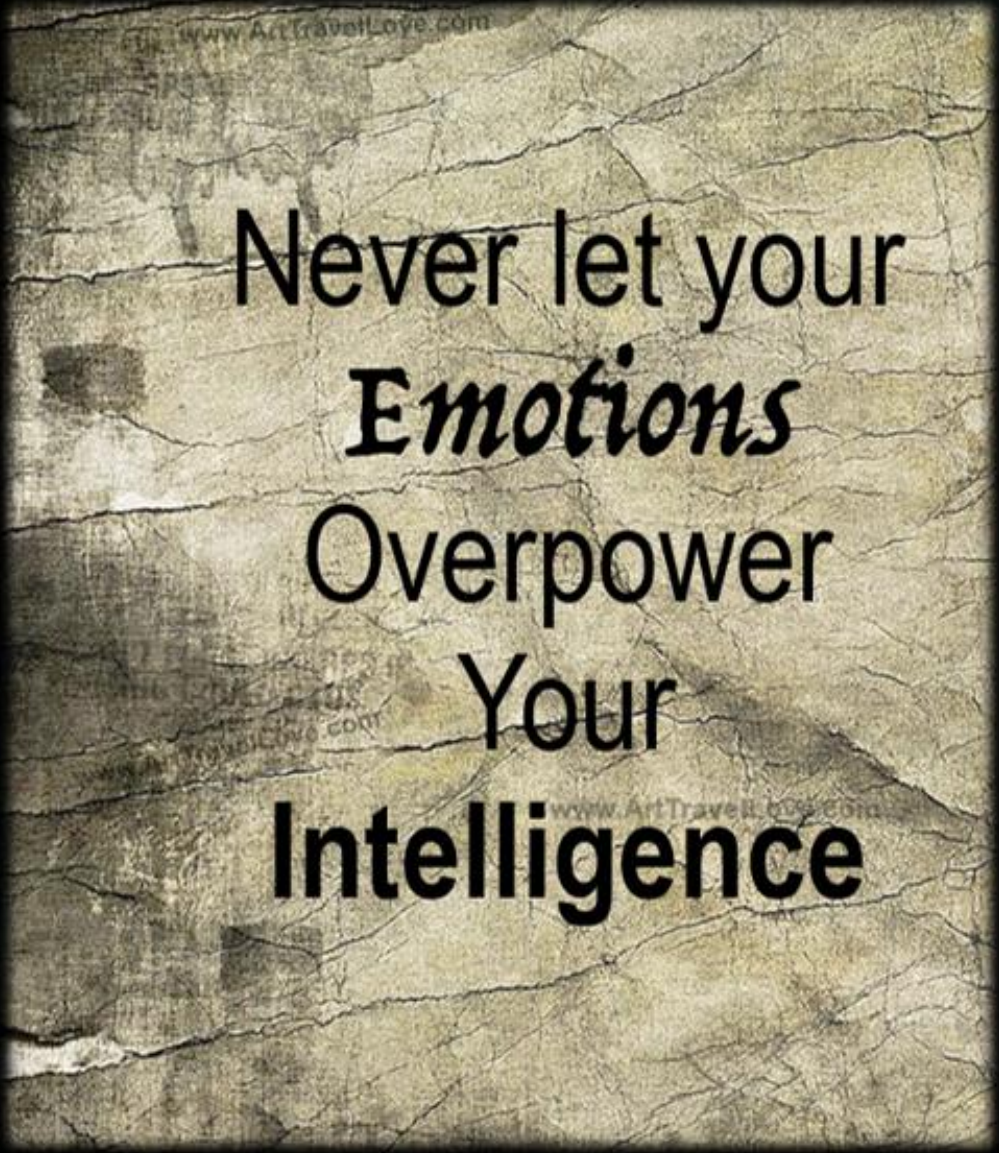
Frontal lobe
1st temporal lobe
2nd temporal lobe
Cerebellum
Cortex
Medulla oblongata



1. Self Control

2. Physical Presence

3. The De-escalation Conversation



Never let your
Emotions
Overpower
Your
Intelligence



**What to Say When
Someone is Yelling at You**



Not sure
what to do
with your
hands?











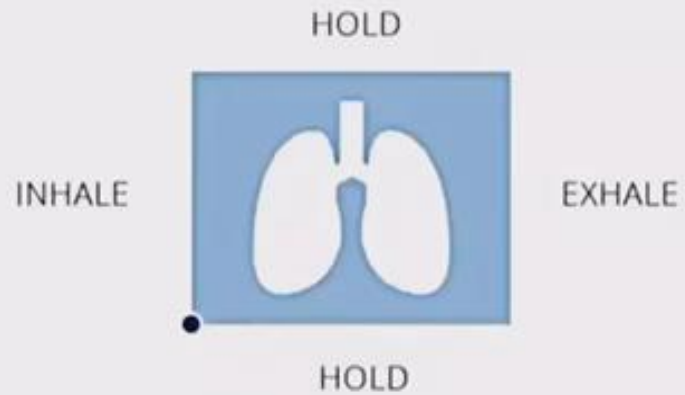
The Powersphere



Tactical Breathing



**NAVY SEALS BOX BREATHE 3X A DAY
FOR 5 MINS TO REDUCE STRESS
LEVELS EXPONENTIALLY**







**Video contains
graphic content**



Talking Over You





Situations
requiring a
response





Moment of Truth

- ▶ What are you thinking?
- ▶ What are you feeling?
- ▶ What do you say?



Games People Play: Safety by Design



DARVO

- Deny
- Attack
- Reverse

Victim ↔ Offender



CORPORATE
10 TIMES HAMPTON DEVILLE
WAS TOO REAL



0:00 / 9:58



VICTIM

PERSECUTOR

RESCUER



Detach



Set Boundaries



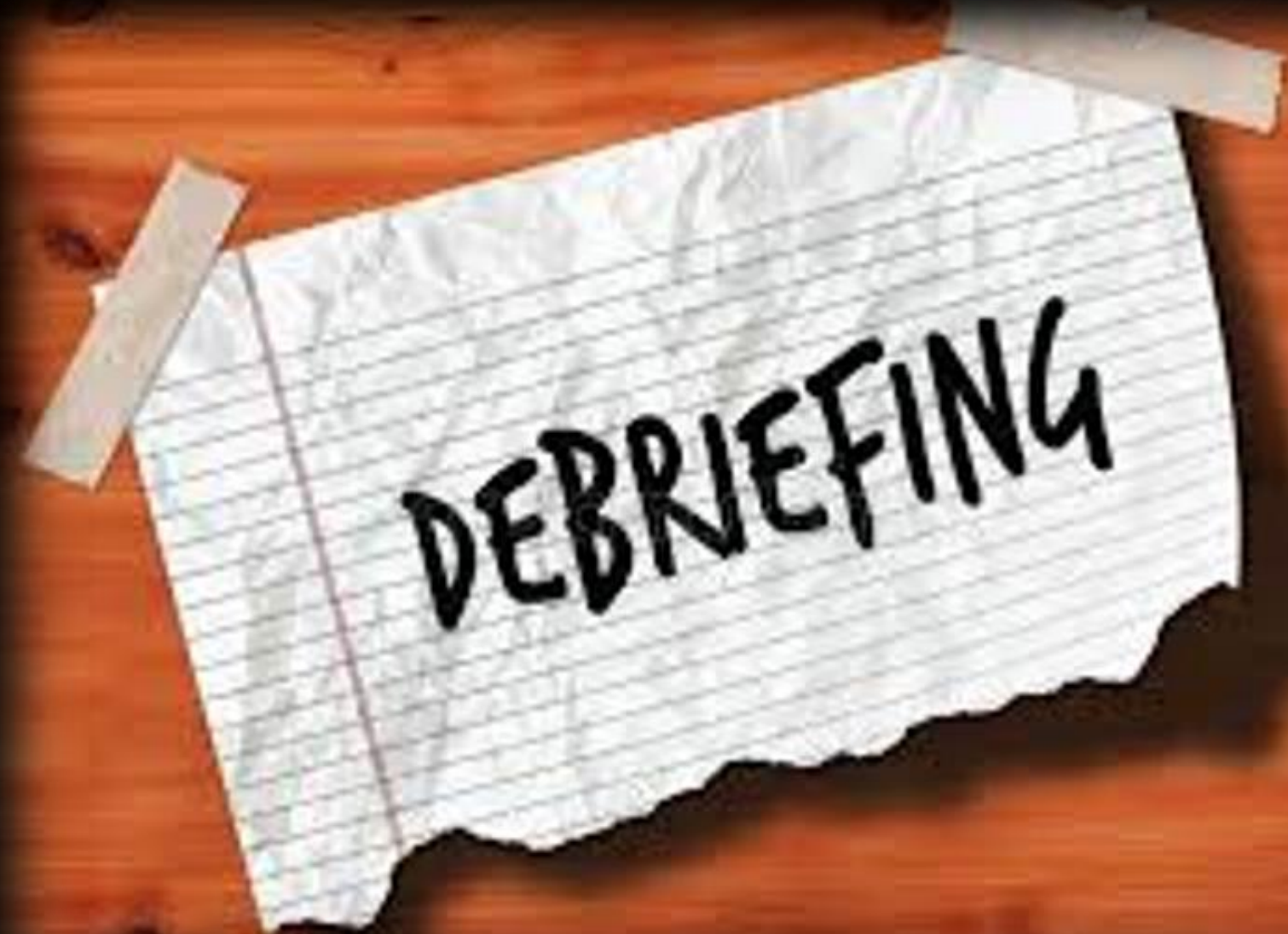
Know your role



Go to the source



What Is
a “Gut
Feeling”



DEBRIEFING

A piece of white, lined paper with a torn bottom edge is pinned to a wooden surface with two wooden clothespins. The word "DEBRIEFING" is written in bold, black, uppercase letters across the center of the paper. The background is a dark, out-of-focus wooden surface. A small red rectangular object is visible in the top right corner of the frame.





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