



**\*PLEASE POST OFFICER SAFETY TRAINING\***

# **ULTIMATE SURVIVAL INSTINCTS**

*Harrisburg, Pennsylvania*

*Hosted by: Pennsylvania State FOP*

**February 2<sup>nd</sup> & 3<sup>rd</sup>, 2012**

**SEMINAR LOCATION: 8am to 5pm  
Sheraton Harrisburg- Hershey Hotel  
4650 Lindle Road  
Harrisburg, PA 17111**

LifeLine Training, Inc.

P.O. 5370

Villa Park, IL 60181

(847) 833-5163

[www.LifeLineTraining.com](http://www.LifeLineTraining.com)

**\*\*Free to Pennsylvania FOP Members\*\***

**\*\*To Register: E-mail names and ranks to [steve.hirst@lifelinetraining.com](mailto:steve.hirst@lifelinetraining.com) to register individuals or group.**

Presented in a very dynamic program by highly experienced instructors the seminar utilizes video, meaningful statistics, case studies and interesting personal experiences in order to impress upon attendees that their personal safety and career survival truly is up to the individual. The course examines officer safety from **two perspectives:**

**Fatal Four:** *Felonious Attacks, Vehicle Related Incidents, Physical Conditioning, and Emotional Health* are the most common causes of officer related deaths. Our instructors discuss in great depth how the individual officer can prevent and reduce deaths caused by the Fatal Four.

**The Natural Instinct to Survive:** We examine how our natural survival instincts are both an asset and a liability for the modern law enforcement officer. We look at this reality from several of these instincts including Hyper-Fight, Flight/Freeze, and Nature vs. Training.

### **Some of the Topics Covered**

- \*\* Street Interviews & body language**
- \*\* Overview of Felonious Assaults**
- \*\* Pre-attack indicators & Deceptive cues**
- \*\* Active Shooter considerations and use of force tactics**
- \*\* Emotional survival and the reality of suicide in law enforcement**
- \*\* Pursuit issues and consequences (emotional, criminal & civil)**
- \*\* Directing and controlling traffic**
- \*\* Off-duty perspective: tactically, physically & emotionally**
- \*\* Visualization & Preparation**
- \*\* Traffic Stop strategies/ Positioning**
- \*\* Traffic related deaths & casualties**

**NORMAL COURSE FEE: \$179.00**