

10 life protection skills against dangerous situations

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1. 17 important survival skills you need to know to save yourself
2. 13 tips to help you "survive" through dangerous situations
3. 10 simple first aid tips but 90% of people still do wrong

We all don't expect to be in a life-threatening situation. However, unexpected troubles are always present without ever notifying us. You cannot know when or if you encounter a dangerous situation. But there are certain things that can help you stay safe if you find yourself in a dangerous situation.

You may have heard that "ignorance is happiness", but it is not true in this case. Like it or not, dangerous situations like mass shootings and terrorist attacks are now common.

Therefore, always master the escape secrets in emergency situations to preserve your own life and those around you.

1. Observe the surroundings



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Unfortunately, gunmen often target public places, especially certain events. Therefore, the emergency exit is the first place we need to find out. When going to any public place or event, take a few minutes to see where the emergency exit is. This is a good habit to help escape in fires, earthquakes, surprise attacks or simply when you want to get out. In addition to the emergency exit, the window is also the leading escape plan.

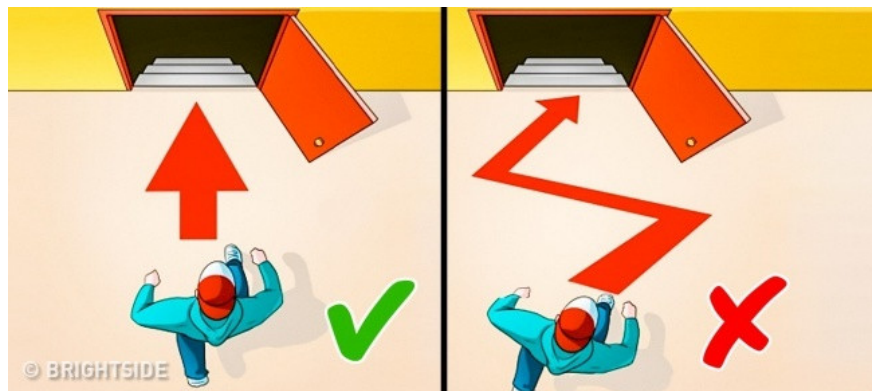
2. Determine if it is true or not?



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If what they are holding in their hands looks like a gun or an attack, chances are it is a dangerous situation. And safety is first.

3. Run in a straight line



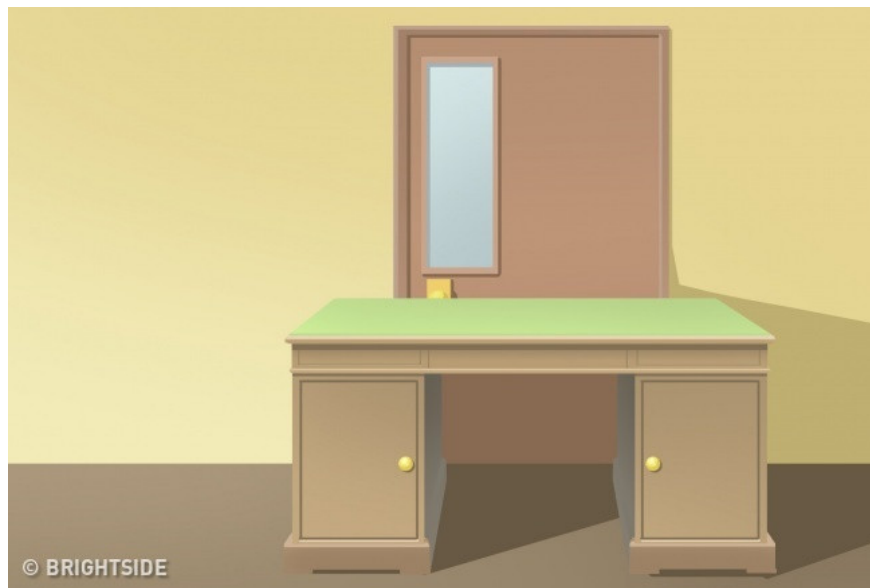
Human instincts are always running away when feeling dangerous. This action is not cowardice or lack of courage because the most important thing is your life. Everything is replaceable - except life.

Don't forget that the window is a good choice to get out. You may have bleeding glass or broken legs but can be more easily healed than damage from a bullet. Instead of running in a zigzag way, run in a straight line as quickly as possible so as not to bump into others. However, be careful if the gunman sees you.

4. Find shelter if there is no way out



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In case you can't find a way out, find a hiding place. Don't forget the heavy objects to block the door, preventing the attacker from approaching you. Just extend the time away from the attacker and you have more chances to be saved.

When you are hiding, turn off the ringer of devices that may cause noise. Because that is the sign that the attacker finds you,

5. Find objects to shield yourself



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Forget the dramatic scenes in the movie. Things like chairs, doors or cars will not stop a bullet because we are not alone. Just one tear is enough to make us feel pain.

In case of attack, take anything that can shield your body and weak areas to protect yourself. Concrete or brick walls are always a good choice. Of course when they are available. Remember to turn off any utility that may cause noise.

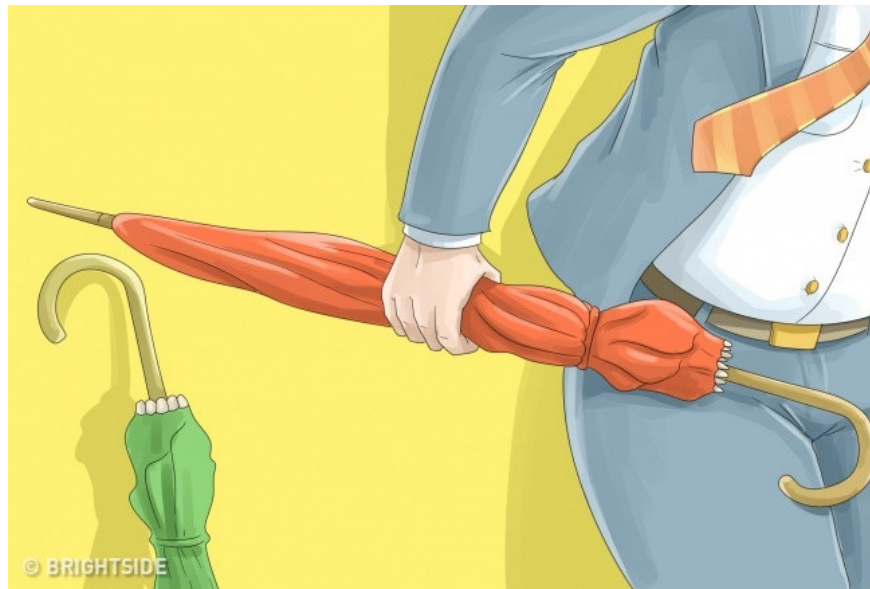
6. Call for help



Whatever the dangerous situation, keep calm as possible. After connecting the contact, do not forget to point out where you are stuck.

This may sound surprising, but according to statistics, it will take about 10 minutes to call emergency services. Using a landline phone can help support service to quickly identify your location.

7. Find weapons to fight back



Self-defense is the instinct of human survival. Whether scissors, umbrellas, old brooms or even a cup of hot coffee can be a defensive weapon. If you are crowded, join together to form a group. Each person does a job from calling for rescue, blocking an attacker to finding weapons .

In case of not finding weapons, use your hands and feet. Imagine it's a fiery boxing match and you have to win for your own life.

8. Fight



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Fighting is the last choice when there is no other way. Aim at the opponent's eyes and face to attack. Don't worry about winning or losing - you just need to have time to escape. Distract the enemy and run away. Remember that this is not a boxing match. You don't need to win, you need to survive.

9. Save people



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If someone looks disoriented or too scared, help them if you can. Hold that person when they start running, calm down and encourage them to cooperate with you. Remember to keep yourself safe. Do not put yourself into a situation that is troublesome for someone.

10. Learn new skills



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It may be a good idea to attend a military course. You will learn how to protect yourself, get out of danger and use common objects to protect yourself. If you have never done that, don't worry. You will be surprised at what you can do. It can solve the difficulties in dangerous situations.

Nothing is more important than life. If you think we've missed something, please add it to the comment section below. Share this article with your friends and family. We want you all to be safe.

Refer to some more articles:

1. 5 survival skills think it is right, but it is completely wrong and can kill you
2. 8 life tips to keep in mind to keep you safe
3. How to survive when an earthquake occurs?

Having fun!

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