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# WEAPONS: SECURITY PRECAUTIONS

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## BALLISTICS: TYPES OF WEAPONS

### I. Guns

- A. Low velocity - hand guns and very old rifles
  - 1. bullets are larger than high velocity models and have a blunt nose
  - 2. injuries from the slug's entry, travel, internal ricochets
- B. High velocity – every current rifle – include AK-47, M-16
  - 1. bullets are tiny and streamlined. They fly supersonically (break the sound barrier.) There are 2 sounds: first a “crack” (the bullet breaking the sound barrier over your head), and then a “thump” (the earlier firing of the rifle).
  - 2. Extensive damage is from the large diameter sound wave around the small bullet that leaves a vacuum behind it. Small entry wound, massive damage internally to large exit wound. This vacuum also sucks everything into the wound making for massive infection.
- C. Semi-automatic pistols have 7-30 bullets per clip; rifles have 20-30 bullets per clip.
- D. Carrying enough ammunition is one of the limitations on shooters and so they need to be somewhat sparing in their fire, even if the rifle is fully automatic shooting multiple rounds/second.
- E. Defensive strategy: You are an easy kill, even at 200 yards, so:
  - 1. lie down – flat. Do not poke your head up to look around. Lie down FLAT. You will be hard to see, and as a gun fires the muzzle moves upwards away from the ground.
  - 2. keep your mouth open
  - 3. look for SOLID cover. One clip of bullets from a high-velocity rifle can drill through a double brick wall!
  - 4. run for cover when there is an opportunity. It takes 3 to 5 seconds for a shooter to get a sight on a target. So run for 3 to 5 seconds ONLY and then drop flat again
  - 5. don't come up where you came down – crawl at least 5 yards away. Do not roll, crawl.
  - 6. make a serpentine track with your crawling and running, so that the shooter can't predict where you are going to come up again.
- F. Sniper's alley: When crossing a sniper's alley, do not cross one by one. Run across as a group. Your only advantage is the moment of surprise and the 3 to 5 seconds it will take a shooter to aim and fire. If only one crosses, the shooter will be ready for the next one.

### II. Grenades and mortars

- A. Grenades – handheld ones explode after 3 to 5 second time delay. Rocket propelled grenades (RPG) explode on contact. Lethal area is 15 yards, but shrapnel danger to 200 yards
- B. Light Mortar - three men can move a light mortar. Usually explode on contact. The lethal blast area is 10 yards and shrapnel to 100 yards. You may hear an incoming whistle, or may not. When one lands, a second one is coming right after, so take protective action (see below).
- C. Medium mortar - must be moved by truck. The lethal blast area is about 40 yards. Shrapnel goes out up to 200 yards. You may or may not hear an incoming whistle. When one lands, another is coming, so take action.
- D. Immediate effects from all of the above include:
  - 1. blast effect causes a lethal concussion wave.
  - 2. blast could also drive you against a wall or ground injuring you a different way as you fall, and could also damage walls which then fall on you for a third type of injury.
  - 3. shrapnel is the fourth source of injury. Can be chunks of metal, or tiny wires that are burning hot and can slice through your vital organs.

- E. Protective action: in all the above cases, the explosions go up and out, so
  - 1. **LIE FLAT**
  - 2. cover head with hands
  - 3. open mouth to reduce blast effect
  - 4. cross ankles to protect anus, genitals
  - 5. Secondary effects include stampede. Get to the edge of the crowd

### III. Car bombs:

- A. massive damage
- B. be suspicious of strange vehicles
- C. know what is normal for your own vehicle and look for the abnormal

### IV. Mines:

- A. Use – maim or kill, indiscriminate; as cheap as 35 cents each
- B. Duration – can lie active and undetected for years
- C. Location – buried or camouflaged; along paths or roads, or in buildings, or anywhere else!
- D. Types – many; activated by pressure, trip wires
- E. Detection
  - 1. ASK THE LOCAL POPULATION;
  - 2. look for wires, disturbed ground, animal carcass or other rubbish, marker signs
  - 3. If in Doubt: STOP, DON'T TOUCH ANYTHING, RETRACE STEPS, REPORT
  - 4. If in a minefield:
    - a. Stop and send for help
    - b. Ignore shouts of casualties while you think, observe, and act very carefully
    - c. Clear a path to any casualties and then to safety:
      - (1) examine your immediate area for wires, fuses, depressions
      - (2) feel with your fingers lightly all around you
      - (3) prod with a thin wire or stick at a 30 degree angle at intervals of 30 mm to a depth of 90 mm. If you touch anything, mark the location and avoid it.
      - (4) clear an area large enough to lie down, and then lie down (reduces exposure to blast). Mark the cleared area.
      - (5) continue prodding in front of you to create a clear path 1 meter wide towards a safe area and then towards the casualty. Mark these cleared areas as you go.
      - (6) drag casualty to safety if first aid can be delayed that long. Restrain their arms and equipment so they don't flail outside cleared area while being dragged.
      - (7) otherwise, clear an area of 0.6 meters around the casualty and give first aid.

## **PROTECTIVE EQUIPMENT**

### I. Body Armor

- A. Vests
  - 1. No such thing as a bullet "proof" vest – only certain level of protection against certain threats
  - 2. Kevlar vest costs \$1000. Heavy, hot and bulky. Must fit properly. Resists low velocity bullets (i.e. handguns) and shrapnel only. They do not resist stabbing unless also embedded with chain mail.
  - 3. Ceramic plates must be added front and back to provide protection to some vital areas from high velocity bullets, i.e. rifles. Very heavy.
  - 4. There is no protection against machine gun bullets.
- B. Goggles
  - 1. For protection from handgun bullets, shrapnel.
  - 2. No protection from rifle bullets

C. Helmets

1. With the proper liner, provides protection from low velocity handgun bullets and shrapnel only.
2. No protection from rifle bullets.
3. Makes you look “military” and therefore a more likely target.

II. Armored Car

- A. Makes you stand out
- B. More prone to tipping over, especially with inexperienced drivers

III. Questions for team discussion:

- A. should we at least wear the least obvious type of protective vests, since they are available and it is a passive defence against some injuries? Would it make us more of a target as that gets known, because we look more like military or media? What would it communicate to our drivers, translators, neighbors, partners?
- B. should we offer vests to our employees?

**REGULAR VEHICLE PRECAUTIONS**

1. Don't have car break downs – maintain vehicles well; if you do break down, leave the car and move to a place of hiding where you can keep an eye on the car
2. Emergency supplies to carry
  - a. have spare parts
  - b. carry extra fuel
  - c. carry extra water
3. Be aware of detours and dangerous corners
4. Make plans for what to do in case of check points, break downs, getting lost and other considerations
5. Establish a policy and have an orientation for drivers
6. In a convoy:
  - a. do not drive close to the preceding car
  - b. always be in communication with the front car. The front car should be passing information to the following cars
  - c. keep designating more recent locations to come back to if you are separated
7. Dress for walking home – you might have to
8. When you have to rendezvous – make the location 200 meters beyond the obvious gas station or the major intersection
9. Know the route your driver is taking
10. Grab Bags - A grab bag of gear you will need in case of a breakdown or the car comes under fire. Keep the bag in the back seat between a passenger's legs and nowhere else. It should not be in the trunk or on the shelf of the rear window. The minimal bag should include everything you need to survive several hours of walking back to safety. General – for hot environments:
  - a. water
  - b. charged cell phone
  - c. mosquito netting
  - d. shade tarp
  - e. water purification tablets
  - f. food
  - g. knife
  - h. hat
  - i. sun-block
  - j. walking shoes
11. Questions for team discussion:
  - a. what should the second car do if people from the first car are kidnapped?
  - b. do we call law enforcement?
  - c. do we call other local authorities: sheiks, etc.?

# **PERSONAL SECURITY**

## **I. Prevention**

- A. be observant, aware - constantly
- B. be adept in looking for a place to retreat to
- C. trust and act on your instincts
- D. appear confident, do not look unsure
- E. dress down
- F. when checking into a hotel, do not room on the first floor
- G. if you do not trust the person on the elevator with you, do not go to your room
- H. alarm devices: to carry in your hand; in a window; door wedges
- I. when carrying a lot of money, distribute it to different pouches or wallets
- J. Trust your gut – if something doesn't feel right, it probably isn't
- K. either memorize or write important phone numbers on your underwear or body part
- L. if you need a taxi, take the one who is least interested
- M. vary your routines

## **II. Responses**

- A. don't put property above your life
- B. negotiate if possible
- C. your response should be non-aggressive
- D. remove sunglasses but avoid unwanted eye contact
- E. remain confident and calm
- F. smile and agree where possible
- G. speak softly and briefly
- H. consider creative responses
- I. distract with other actions
- J. humor can sometimes be effective
- K. in some situations a woman may be best at defusing the encounter
- L. confront if you can shame
- M. if in a confrontation, listen closely and actively – not listening provokes the most violent responses
- N. maintain visual contact but watch attacker's hands, not their eyes
- O. if you choose to resist – make noise, run, use a "shield;" practice this.

## **III. Points for team discussion:**

- A. As a team, agree on responses and brief new team members.
- B. Write these down