

## **KNIFE ATTACK: WHAT TO DO**

### **IF YOU ARE BEING ATTACKED**

- Run first. Escape is your top priority
- Don't engage if you can avoid it

### **DEFEND ONLY IF NECESSARY**

- Aim to escape not fight
- Protect your vital organs: Neck, Chest, Abdomen
- Use anything to hand as a shield or weapon

### **HIDE OR USE OBSTACLES**

- Put objects (car, chair, stick) between you and the attacker

### **CALL FOR HELP**

- Shout loudly to attract attention

### **IF YOU WITNESS A KNIFE ATTACK**

- Do not intervene physically unless you are trained or it is completely safe to do so

### **CALL POLICE EMERGENCY SERVICE IMMEDIATELY**

- Give exact location, describe the attacker in as much detail as possible
- Give the direction the attacker fled

### **IF SOMEONE HAS BEEN STABBED**

- Do not remove the knife from the wound
- Stop bleeding by applying pressure with clean cloth or by hand, (use a glove if possible)
- Use a tourniquet as a last resort (only on limb wounds)

### **TREAT FOR SHOCK**

- Lay the person flat
- Elevate the legs unless they have Head, Neck or Chest injuries
- Keep them warm, still and calm
- Stay with them until emergency responders arrive

### **SAFETY TIPS**

- Stay alert, be aware of your surroundings
- Avoid isolated areas, especially at night
- Trust your instincts. Leave if you feel unsafe
- Take a First Aid Course
- Take a realistic self-defence course. Learn how to protect yourself and other

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Self-Protection Against Knife Crime, The Garden Sessions, £45 [www.dooney.online](http://www.dooney.online)