

Staying safe from terrorism

*How to protect yourself
from terrorism and other
serious acts*



POLITIET



NASJONAL
SIKKERHETSMYNDIGHET

CONTACT THE POLICE:

TIP-OFF SERVICE

Internet: www.politiet.no

Telephone: 02800

IN AN EMERGENCY

Telephone: 112

PRECAUTIONS

- Take responsibility for your own safety
- Seek advice and information from the police and other relevant authorities
- Assess the threat and its potential implications for you
- Even simple means of protection can be crucial when an incident occurs, and can save lives
- Do not hesitate to report suspicious individuals, activity or threats to the police
- Practice what to do if a serious incident should occur



RUN



HIDE



ACT

When you have reported an incident, it will take some time before the emergency services arrive. Until then, you are on your own and being prepared can save lives.

Why read this guide?

As a community, we stand together to prevent and avert terrorist acts. The police will provide guidance, and can assist in this work. The groups, organisations or businesses concerned must take responsibility for making protective security plans and practice how to handle terrorist incidents. It is all about protecting and saving lives.

When you have reported an incident, it will take some time before the emergency services arrive on the scene. Being prepared and having appropriate security measures can save lives.

In this guide, you find advice about how to protect yourself, your business or organisation from terrorism and other serious acts that could threaten life and health.

This guide is intended for groups of people that could be exposed to terrorism and other serious incidents, but who do not necessarily have any knowledge about security and contingency work. Such groups could be religious and life stance communities, minorities as well as crowded places.

Terrorism and other serious acts may occur without prior notice, anywhere and at any time

If you are not prepared for an attack, there is a greater likelihood that lives will be lost

What threats do we face in Norway?

Everyone must identify the threats that could influence one's own safety. You have to update yourself on changes of the threat picture, for instance by consulting the threat assessments prepared by the Norwegian Police Security Service (PST) and the police.

PST is responsible for describing the terrorist threat, presented in PST's annual national threat assessment.

Examples of serious acts that could threaten life:

- Attacks committed by one or more individuals by pointed or bladed weapons or firearms
- Attacks committed by use of vehicles
- Attacks committed by use of explosives

How to recognise a terrorist threat or the preparation of such an act?

- Oral or written threats of a political, religious or ideological nature
- Someone repeatedly visiting potential targets to observe or photograph, or being exceptionally curious
- Someone displaying avoidant or aggressive behaviour
- Do not hesitate to report suspicious incidents to the police



Are you updated on the threat picture?

www.pst.no

How to plan your personal safety

You must take responsibility for assessing your own safety.

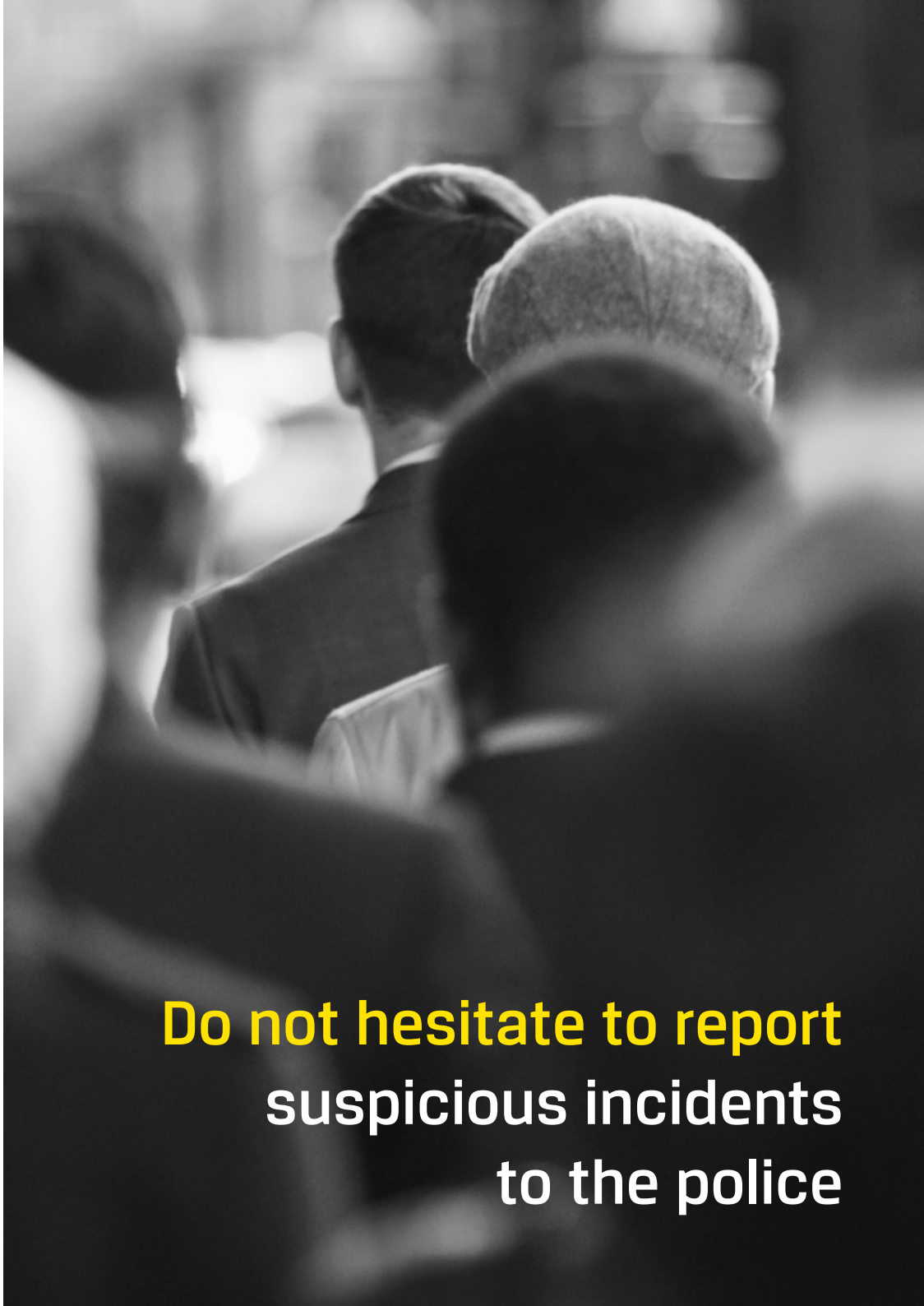
Stay informed about serious incidents that can occur, and prepare a strategy for how to react if something happens.

There are several things you can do to stay safe. Even simple protective measures can have a decisive effect when an incident occurs, and can save lives. It can be necessary to improve

the security at special events or at crowded places.

Good planning is essential to be able to prioritise the areas that are in most need of protection. Make sure you have a plan with a clear division of responsibility and tasks to improve the security.

- Which serious incidents can occur at your location?
- Where and when are you most vulnerable?
- What type of protection do you have today?
- What extra protection do you need to obtain the necessary level of security?
- Do you know what to do when a serious incident occurs, and if yes, do you run regular practice drills?



**Do not hesitate to report
suspicious incidents
to the police**

How to protect your premises

All types of protection can make it harder for an attacker to succeed. Every second an attacker is delayed counts, and visible protection can have a deterring effect. The sooner you discover a possible threat, the more time you have to report and react.

Examples of how to protect your premises:

- Visible presence of a guard or similar
- Possibility to close and lock entrance doors and windows. Assess the quality of the doors, windows and locks and if possible, reinforce them with a safety lock, use window security film, etc.
- Fences, gates, bars and natural barriers may contribute to maintaining an overview of your premises and delaying an attacker
- Video surveillance and illuminated areas may discourage the attacker and give an early warning
- Distinct marking of emergency exits
- Distinct marking of the house number, signs etc. to make it easy for the emergency services to find the way



How to act when a suspicious incident occurs

You know your own neighbourhood best, what is normal and what is not. If you discover something unusual, it might be wise to be curious and make some simple investigations.

Do not hesitate to report suspicious persons, activities, objects or threats to the police.

Your observations, minor or major, are important to making the police able to prevent terrorism and serious incidents.



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**It is very important to
report a critical incident
to the police as soon
as possible.**

How to report to the police if a critical incident occurs

CALL THE POLICE- 112

Who is calling?

- State your name, role and telephone number

Where are you?

- Give your exact location and address (street/town or place)

What is happening?

- Explain what happens, and whether it is still ongoing
- Describe the perpetrators, weapons and injured people
- Give an estimate of the number of people at the scene

ANSWER QUESTIONS FROM THE POLICE

FOLLOW THEIR INSTRUCTIONS

When the police arrive:

- If possible, meet the police outside the building and give them a description of the site
- Stay calm – keep your hands visible
- Be aware that weapons may be pointed at you
- The armed police are there primarily to stop the perpetrator and first aid will have to wait
- Follow the instructions and inform them about the perpetrators and where they are located

How to behave in a critical incident

CALL THE POLICE - 112



RUN IF YOU CAN

- to a place of safety
(not to an agreed fire assembly point)



HIDE IF YOU CANNOT RUN

- Lock or close the door (barricade)
- turn your phone to silent mode
- call 112, do not hang up – the police can listen and track you
- prevent line of vision, turn off the lights
- be quiet
- can you evacuate now? RUN
- think about what you can do if the perpetrator enters



ACT, IF YOU HAVE NO OTHER CHOICE

- what can be used as a weapon?
- make a simple plan to act in a coordinated manner
- overpower the person - attack quickly and decisively

References:

"Terrorsikring" (2015) by the National Security Authority, the Police Directorate and the Norwegian Police Security Service (Norwegian version only)

National threat assessment (2021) by the Norwegian Police Security Service

"Grunnprinsipper for fysisk sikkerhet" (2020) by the National Security Authority (Norwegian version only)

"Grunnprinsipper for sikkerhetsstyring" (2020) by the National Security Authority (Norwegian version only)

This advice is prepared in a cooperation with the National Security Authority, the Police Directorate and the Norwegian Police Security Service.

Notes:

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