

## Dealing with Emergencies

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Medical or fire emergencies are stressful situations, and stress is a natural human reaction in an emergency. However, panic and anxiety from stressors can lead to inaction and cause unnecessary distress.

Knowing what to do in a stressful situation can prepare you with the information needed to stay calm and act effectively to keep yourself and your co-workers safe, and can help you make better and safer decisions about what to do.

Preparation and training can help you feel more confident and be more effective in an emergency.

Knowing what to do in an emergency can improve response time, to learn more about *Dealing with Emergencies* click on the link below.

## **Dealing with Emergencies**

For information on other security related topics, visit the Securitas Safety Awareness Knowledge Center at:

https://www.securitasinc.com/Why\_Securitas/thought-leadership/security-spotlight/

## **Securitas Security Services USA**

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Securitas is a knowledge leader in the security industry, providing security solutions that produce efficiencies while saving both time and money.