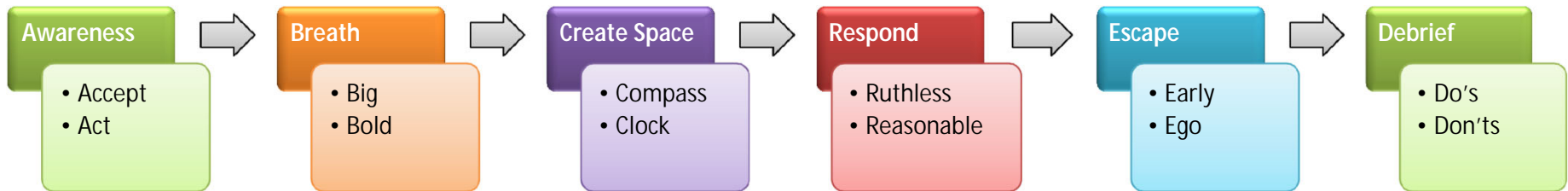


The **ABC RED** safety model



In order to **act** on awareness, we must first **accept** the threat

When creating space from the threat, consider both **direction** and **timing**

Escape at the **earliest** opportunity with the appropriate **ego** strength to back it up

Be conscious of our breathing and make it **deep** and **purposeful**

When responding, be **courageous** and make it fit for purpose

During the debrief, consider the **positives** as well as the **negatives**