



February, 2010

Moving Forward

By Justin Oldham
President/ CEO

As the year 2010 has started, Prusik USA has implemented several new training courses, which will be published in the 2011 Training Catalog. Prusik Training Center has continued developing the STEP (Specialty Training Exercise Program) as a supplement training program to the MSTP (Mission Specific Training Program). This program will revolutionize the training exercises which PTC designs and conducts for Prusik's clients.

The year 2009 brought challenges to Prusik USA, such as budget constraints, balancing workloads, and product research and design. As a result, we will shift our focus for 2010 from firearm production to security operations, and training. This will enable Prusik to complete more customer requests for security audits, first responder training, policy and procedure review and writing, and client-specific training courses. As always, Prusik USA is focused on our customers and committed to earning and retaining your business.

Desensitization Training

By Melissa Snow
Exercise Evaluation Advisor

New officers often come to us with little or no training in physical combat, often without ever being involved in a physical fight. They have never experienced a punch or a kick, and equally important, have never punched or kicked anyone themselves. They need what we call desensitization training. They need to be desensitized to the trauma of either having to hit another person or being struck by another person. Being "desensitized" allows officers to manage physical trauma so they can "stay in the fight" and win a physical, knock-down - drag-out, fight.

Desensitization Defined

It is important to understand how this type of training really impacts an officer's readiness to be on the front lines. The need is based on the concept of "sensory inhibition." People aren't born with the ability to hit and be hit. Instead, they have a sensory inhibition from touching or being touched — especially when it comes to hitting or being hit.

In the police and security industries we have now reached a point where "desensitization" is not an option but a necessary part of preparing new officers for the realities of physical confrontations. An officer, who has to be able to use both verbal and physical contact to establish and maintain control, has the winning edge.

Desensitization drills have proven very valuable in increasing the proficiency of new officers for effectively and efficiently striking their targets while markedly improving the confidence of these officers in surviving real confrontations.

Conclusion

Years ago, I heard a veteran sergeant caution a rookie officer not to write the phrase "based on his training and experience" in his report because as of now that rookie had no real experience so he better depend on his training. This sergeant went on to say that the rookie's training was designed to help him survive until he could get some experience.

The same is true of our defensive tactics training for recruits. If they don't come to us with experience in surviving a physical encounter, we need to give them as much training as we can — until they can develop their own experiences — so that all our new officers survive and prevail in their duty assignments.



SECURITY NEWS

The NOC (Nexus Operations Center) Newsletter, *The Nexus*, is now available to download on our website.

http://prusikusa.com/News_and_Events.html

The Nexus Operations Center is a communications hub that members, clients, and employees use to share information with Prusik USA, and other members. To communicate with the NOC, E-mail: noclist@prusikusa.com.



For security consulting and other services information call 1-877-PRUSIKUSA, or E-mail: securityinfo@prusikusa.com.

Don't Slip, Trip, and Fall

By John Robishaw
Health and Safety Coordinator



In your work area your duties may include working in an area which will require you to be extra careful due to slip, trip and fall hazards. Slips, trips, and falls constitute the majority of general industry accidents. Be sure to report any slip, trip and fall hazards to your supervisor or safety manager immediately. Always stay alert.

How to prevent falls due to slips and trips:

Both slips and trips result from an unintended or unexpected change in the contact between the feet and the ground or walking surface. Good housekeeping, quality of walking surfaces (flooring), selection of proper footwear and appropriate pace of walking are all critical for preventing fall accidents.

Common causes of slips are:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats
- Flooring or other walking surfaces that do not have the same degree of traction in all areas

You can reduce the risk of slipping on wet flooring by:

- Wearing proper footwear
- Taking your time and paying attention to where you are going
- Walking with the feet pointed slightly outward
- Making wide turns at corners

Common causes of tripping are:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting
- Uncovered cables
- Bottom drawers not being closed
- Uneven (steps, thresholds) walking surfaces

When you see the following housekeeping conditions:

- Spills and wet areas
- Debris on floors
- Obstacles on walkways
- Mats, rugs and carpets that do not lay flat
- Open file cabinet or storage drawers
- Cables that cross walkways
- Poorly lit working areas and walkways
- Light bulbs or other illuminators not working

Remember;

- Both slips and trips result from an unintended or unexpected change in the contact between the feet and the ground or walking surface.
- Selection of proper footwear and appropriate pace of walking are all critical for preventing fall accidents.
- Reduce the risk of slipping by adjusting your stride to a pace that is suitable for the walking surface.
- Keep eyes on path. Do not try to break a fall with your hands or elbows.
- Everyone must share in the responsibility of improving their own safety.

FIREARMS NEWS

Parabellum Combat Systems has conducted research and development on the Silent Thunder series silencer, and produced a 6 inch version of the ST 1000 with the same sound suppression as the 11 in silencer. The shorter silencer is the same diameter, but half the weight. The newly designed Talon SD will be released later this year.

For Firearms solutions, call 1-877-PRUSIKUSA, or E-mail: parabellum@prusikusa.com.