



## FSA – Keeping You Safe

### How Officers Can Protect Themselves While In the Line of Duty

There is no doubt being a law enforcement officer can be dangerous. In fact, according to the [National Law Enforcement Officers Memorial Fund](#), on average, one law enforcement officer is killed in the line of duty somewhere in the United States every 60 hours. When a law enforcement officer is killed, it's not just an agency that loses an officer, it's an entire nation. Indeed while an officer's death affects his or her family, the extended family of the agency and/or department, as well as the community at large, deaths that could have been prevented with the proper intervention in the field are often even more difficult. This is why agencies are encouraged to implement a range of critical officer safety strategies and educational training skills for self-protection. By utilizing programs that provide innovative training and awareness, agencies can eliminate preventable line of duty deaths and injuries.

The Below 100 program is a campaign that recognizes each officer death as a tragedy. This initiative aims to reduce the line of duty deaths to below 100 in a single year, a number not the seen since 1943. Their mission is to influence law enforcement culture by providing innovative training and awareness, through presentations, social media, and webinars on identifying the leading causes and current trends in preventable line of duty deaths and injuries. As a law enforcement officer, his/her duty is to save lives and protect the innocent even if it costs their own life.

Law enforcement officers don't run away from conflict, they run toward it. However, officers can increase their chance of survival by following the 5 tenets of the Below 100 program:

- Wear your belt
- Wear your vest
- Watch your speed
- Win – What's important
- Remember – Complacency kills

To learn more about the Below 100 program please visit: <http://below100.org/>.

*For more tips, please visit the [Florida Sheriffs Association's Crime Prevention Tips](#).*