

## WORST-CASE SCENARIO®

# HOW TO SURVIVE IF TRAPPED IN ...

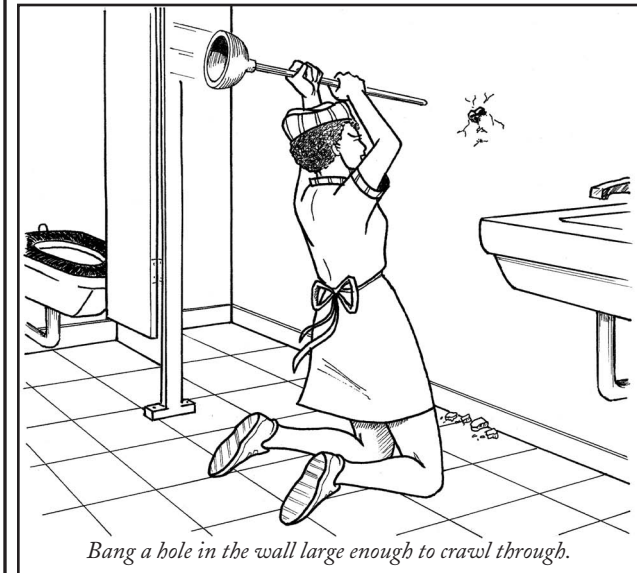
If kicking or banging on the door to the **bathroom**, **supply closet**, **walk-in-freezer**, or **lion cage** does not summon help immediately, save your energy for other means of egress.

## A BATHROOM

### BREAK THROUGH THE WALL

- 1 **Tap on the wall until you hear a hollow sound.**

Wall studs are 16 inches apart. The hollow sound indicates the space between the studs.



**2 Bang a hole in the wall.**

Use a wooden plunger handle or other strong bathroom implement to poke at the wall. Avoid tiled areas. Continue jabbing and breaking the wall until you have opened a wide hole.

**3 Crawl through.**

Squeeze your body between the studs.

**CLIMB OUT THROUGH THE CEILING**

**1 Push out the ceiling tiles.**

Stand on the sink or other sturdy fixture. Push several drop-tile squares up and over to the side.

**2 Look for pipes or other handholds.**

**3 Select a horizontal pipe that leads out of the bathroom.**

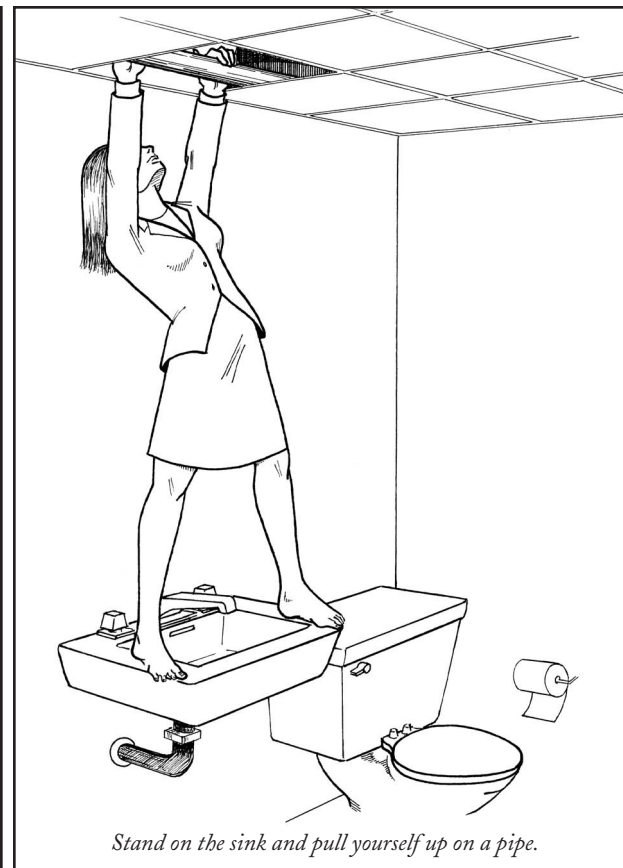
**4 Pull yourself up and onto the pipe.**

Grab a pipe at least 6 inches in diameter. Pull up as you would for a chin-up, then swing your legs onto the pipe. Do not put your weight on the ceiling tiles or you risk falling through.

**5 Crawl.**

Shimmy along the pipe until you are no longer above the bathroom.

**6 Kick out a ceiling tile and drop down into the hallway.**



**Be Aware**

With ready access to water from the sink, you should be able to survive for days, if not weeks, in the bathroom, even without food.

## A SUPPLY CLOSET

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### 1 Find a screwdriver.

If no screwdriver is available, look for a letter opener, bottle opener, tape dispenser, cocktail shaker, three-hole punch, or other metal implement with a flat end. A metal pen or strong plastic pen can also work.

### 2 Examine the door hinges.

Most doors open in and have the hinges on the inside. Locate the lower hinge.

### 3 Place the tip of the screwdriver under the top edge of the hinge pin.



*Remove the hinge pins from the door.*

### 4 Push or bang on the top of the handle of the screwdriver.

Pound with a hammer, shoe heel, table or chair leg, or other hard, unbreakable object.

### 5 Remove the pin from the hinge.

### 6 Remove the upper hinge.

Repeat steps 3 through 5.

### 7 Lift the door away from the door frame.

Pull on the hinge side first. You may be able to pull the door completely away from the frame.

### 8 Exit.

## A WALK-IN FREEZER

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### 1 Stay calm.

Panic wastes energy, which is warmth. The room's insulation and motor noise will likely prevent anyone from hearing your cries for help. Find a metal implement (keys or coins will work) and tap several times on the door to get someone's attention.

### 2 Check the door and lock area.

By law, all walk-in freezers and refrigerators must have an emergency release switch on the interior. Look on the door for a fluorescent knob that turns, or a lever that moves up and down.

**3 Locate a power switch.**

Most units have a temperature control module on the inside, but it is likely to be well protected and may require tools to access. Some models may have an accessible on/off switch. If you can access the switch, turn off the cooling element.

**4 Locate boxes.**

Tear cardboard boxes apart and spread the cardboard on the floor. The freezer's floor will be concrete or metal, and coming in contact with it will reduce your body temperature quickly.

**5 Look for insulating materials.**

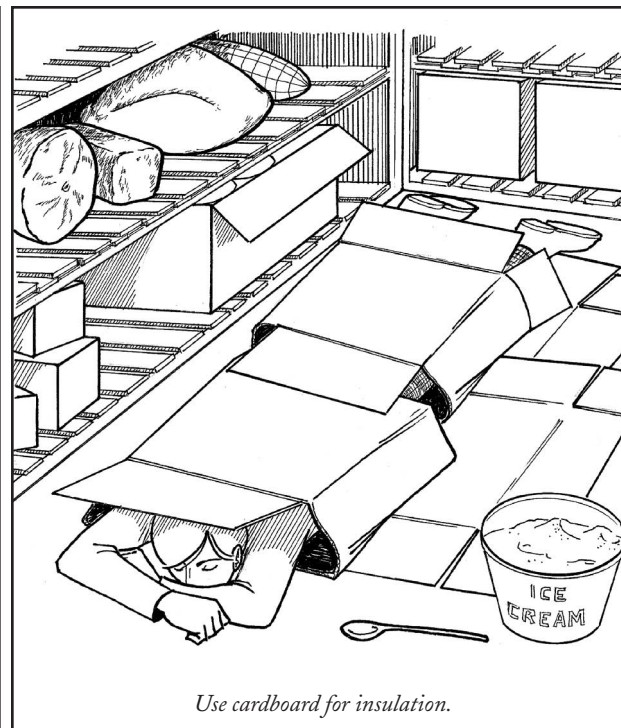
Many food items are packed in paper, plastic, foam peanuts, or straw. Lie down on the cardboard and cover yourself with insulating items to preserve body heat. Take care to cover your head completely: In cold conditions, an enormous amount of heat is lost through the head.

**6 Breathe slowly and stay put.**

Take slow breaths and do not move around in the freezer or overexert yourself.

**7 Stay hydrated.**

Suck on ice cubes or on frost from food parcels. Do not use body heat to melt frozen items or you risk hypothermia.



**8 Eat only if ice is available.**

Digestion requires water, so do not eat unless there is a sufficient supply of ice for you to melt. Eat ice cream or other foods intended to be eaten frozen. Avoid meats; these are likely to be frozen solid anyway.

**9 Tap on the door every 15 minutes until help arrives.**

## Be Aware

- Do not attempt to disable the refrigeration mechanism. This may cause the unit to malfunction and leak noxious chemicals.
- Remain close to the ground. Although in most environments heat rises, the freezer will have a uniform temperature throughout, and the refrigeration mechanism is likely to be closer to the ceiling than at floor level.
- It is often customary to don a fur or other warm coat before entering a commercial freezer for any length of time. If you are wearing a coat, use it, but avoid over-exertion as you move around: Sweating causes the body to cool rapidly. If you feel yourself begin to sweat, open the coat slightly.
- Do not build a fire in an enclosed space.

## A LION CAGE

### IF THE LION IS NOT IMMEDIATELY VISIBLE

#### 1 Quickly survey the cage.

Check to see if the lion is present. Most zoos have a large outdoor area for the lions to roam, and the lion may have wandered outside. The cage will be connected to this area through a small passage with a door that allows the cage to be sealed and cleaned while the lion is outside.

#### 2 Shut the door.

If a door is present and the lion is not, shut the door. If the lion is present, do not shut the door.

#### 3 Yell for help.

### IF THE LION IS VISIBLE

#### 1 Do not run.

Even if the cage is large, or you feel you can safely make it to the passageway and through the door to the outdoor area, do not turn and run. This will only get the lion's attention, and there may be more lions outside.

#### 2 Stay still and calm.

Do not provoke the lion by moving around, running, or charging.

#### 3 Check for cubs.

A lioness guarding cubs will defend them fiercely, and may be more inclined to attack. If you see cubs, freeze.

#### 4 Check for food.

Lions are extremely protective of food, and even a lion with a full belly will protect his "kill." If the lion appears to be feeding or you notice fresh meat, do not approach the lion or its food.

#### 5 Observe the lion's eyes and tail.

A lion in a zoo will be desensitized to the presence of humans and may not attack immediately. Lions have different temperaments, however, and can range from

passive to highly aggressive. Even a passive lion is likely to eventually attack a stranger in its cage. If the lion meets your gaze and its tail begins to twitch, the lion is getting ready to attack.

**6 Listen for a growl.**

A low staccato growl, combined with eye contact and a lashing tail, usually indicates that an attack is likely.

**7 Find a defensive tool.**

Moving very slowly, pick up anything within reach: a water bowl, bench, or anything else that may be used to fend off a charge.

**8 Back away slowly.**

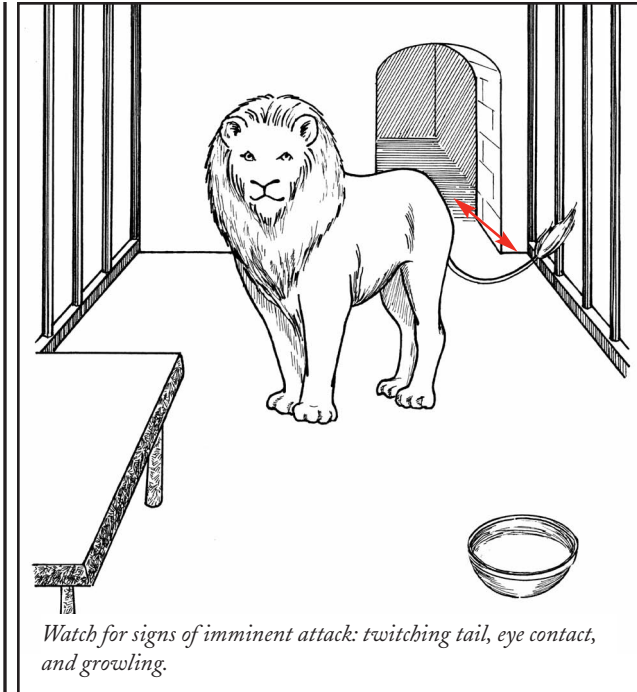
Moving carefully, back toward the door of the cage. Using a quiet but firm voice, tell someone to open the cage or, if impossible, to get the lion keeper immediately.

**9 Watch for mock charges.**

A lion may make several “mock” charges before actually attacking. It will run forward suddenly, then stop. It may back away before charging again. Mock-charging is an indication that a real attack is imminent. Stand your ground and be ready.

**10 Yell.**

Yell as loud as you can. Lions are sensitive to loud noises and yelling may discourage one from further charges.



**Fend off attack.**

If the lion attacks, use a bench, bowl, or any other object to push its paws and head away from you.

**Yell for help.**

Keep screaming as loudly as possible.