



Law Enforcement Officer Safety

RMI recognizes the many different hazards our Law Enforcement Officers face each day. These hazards can be unpredictable encounters with the public to environmental and situational risks. This bulletin highlights key safety practices to help officers protect themselves and their partners while serving the community.

Situational Awareness

- Always be aware of your surroundings—whether on patrol, during traffic stops, or responding to calls.
- Scan for potential threats and escape routes.
- Avoid tunnel vision; stay alert to changes in behavior or environment.

Use of Personal Protective Equipment (PPE)

- Always wear your ballistic vest.
- Keep body-worn cameras and communication devices charged and functional.
- Use gloves and masks when dealing with hazardous materials or medical calls.

Vehicle Safety

- Inspect patrol vehicles before each shift—check lights, sirens, tires, and emergency gear.
- Use seat belts and drive defensively, especially during high-speed responses.
- Position vehicles strategically during stops to maximize cover and visibility.

De-escalation and Communication

- Use verbal de-escalation techniques to reduce tension and avoid unnecessary force.
- Maintain clear, calm communication with dispatches and fellow officers.
- Document interactions thoroughly and accurately.

Mental Health and Stress Management

- Law enforcement work is emotionally demanding—recognize signs of stress, fatigue, or burnout.
- Take advantage of peer support programs, counseling, or wellness resources.
- Encourage a culture where asking for help is seen as a strength, not a weakness.

By: Nick McInnis
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Training and Preparedness

- Regularly participate in scenario-based training and refreshers on use-of-force policies.
- Stay updated on legal changes, department protocols, and community engagement strategies.
- Practice tactical skills and emergency response drills.

Conclusion

Officer safety is not just about equipment or tactics; whether, it's about mindset, preparation, and mutual support. Every shift presents new challenges, but by staying alert, following procedures, and looking out for one another, we can reduce risks and ensure everyone goes home safely. Let's stay sharp, stay safe, and stay committed to protecting both ourselves and the communities we serve.

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