

HOW TO DRAG A BODY *and* **OTHER SAFETY TIPS** **YOU HOPE TO NEVER NEED**

**SURVIVAL TRICKS FOR HACKING,
HURRICANES, AND HAZARDS LIFE
MIGHT THROW AT YOU**

JUDITH MATLOFF

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect that you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. The publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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THE BASICS

RISK ANALYSIS FORM

The essential document you should keep on hand is a risk analysis form. This outlines the perils you might face and suggests ways to mitigate or prevent them. A sample risk analysis form used widely among journalists looks like this:

Circle any of the following risks you may face:

Abduction/kidnapping

Land mines

Abusive authorities

Mass shooting/cross fire

Armed conflict

Natural disasters and extreme
weather

Carjacking

Nuclear strike

Electronic harassment

Petty crime/theft

Environmental contamination

Physical and/or electronic
surveillance

Gangs

Political instability

Home/office invasion

Identity theft

PTSD

Infectious diseases

Radiation/contamination

Riots/demonstrations	Stalking, hacking
Road/air/boat accidents	Terrorist attack
Sexual assault	Violent and organized crime
Sexual harassment	War

To get you started, these three examples range in gravity from “meh” to serious. Each one comes with a clear set of actions that can be taken.

1. Misadventure when walking the dog

How serious: Not very

How likely: Very

Risks: Step in poop, forget plastic bag, get hit by an electric bicycle, provoke Rottweiler twice your dog’s size

Measures: Pack wet wipes to clean shoe. Keep plastic bags with leash. Don’t walk with your nose in cell phone. Stride with confidence when walking by Rottweiler. Do not show fear.

2. Attack during a concert

How serious: Very

How likely: Random

Risks: Death, mutilation, losing a limb, suffocation in a stampede, not getting a refund for a ticket, psychological trauma

Measures: Sit by an exit. Wear easy-to-run-in laced boots. Avoid concerts entirely. Learn to stanch bleeding with Stop the Bleed (see Resources). Check fine print for refunds. Stand sideways in stampede.

3. Broken leg while hiking during flash flood

How serious: Depends on remoteness

How likely: Depends on location

Risks: Stranded for days, long-term health complications, death by exposure

Measures: Don't hike alone. Carry beacons. Turn on GPS.

Let others know your route. Check weather advisories beforehand. Know how to set fractures. Identify nearest hospital. Carry health insurance card and ID. Pack extra water/food, painkillers, a flashlight, and a jacket. Don't stray off path. Take a survival course.

COMMUNICATION PLAN

The communication plan could look something like this:

Your full name:

Mobile phone and any other numbers:

Address:

Email:

Passwords and PINs for:

Phone

Computer

Bank accounts

Names and info of important contacts such as the following:

Partner

Next of kin

Employer

Doctor

Vet

Lawyer

Financial advisor (should you have one)

Your vital information:

Date of birth

Passport and Social Security numbers

Blood type and any allergies or vital medications (e.g., insulin)

Bank account numbers and passwords

Other account numbers such as credit card, etc.

Medical and property insurance

Itinerary in case of travel:

Details of hotel

Airline

Vehicles

Departure and arrival times

Routes

Reservation numbers

RESOURCES

Chapter 2: The Basics

“Fluffernutter” has since come to hold a pornographic meaning in the adult entertainment industry, which might explain why parents in later generations took it off the lunch menu. Diehard fans of Fluff for sandwiches, not the triple-X variety, should not despair. National Fluffernutter Day is October 8, celebrated near the product’s birthplace of Somerville, Massachusetts.

A chilling public service announcement produced by the March for Our Lives movement (<https://www.thedrum.com/creative-works/project/mccann-ny-march-our-lives-generation-lockdown>) outlines what to do in case of an active shooter. Consult a child psychologist to learn whether it’s appropriate to share it with kids. In the video, called “Generation Lockdown,” a schoolgirl sings a song taught by her teacher:

Lockdown, lockdown, let’s all hide

Lock the doors and stay inside

Crouch down, don’t make a sound

Don’t cry or you’ll be found.

Two leading experts hold forth on the psychological effects of lockdown drills on kids and the best practices thereof. One is Ken Trump, president of National School Safety and Security Services, a Cleveland consulting firm specializing in school

security and emergency preparedness training (<https://www.schoolsecurity.org>). The other is Steven Schlozman, codirector of the Clay Center for Young Healthy Minds at Massachusetts General Hospital. The organization publishes an online educational resource (<http://www.mghclaycenter.org/hot-topics/low-lockdown-drills/>) that promotes and supports the mental, emotional, and behavioral well-being of children, teens, and young adults.

Chapter 3: Bring It On—Travel

The U.S. State Department website (<https://travel.state.gov/content/travel/en/international-travel.html>) offers a detailed checklist for before you go.

The International Electrotechnical Commission’s “World Plugs” page can be found at www.iec.ch/worldplugs/.

The Centers for Disease Control and Prevention (<https://wwwnc.cdc.gov/travel/destinations/list> and https://www.cdc.gov/malaria/travelers/country_table/a.html) and the World Health Organization (<https://www.who.int/topics/vaccines/en/>) provide country-by-country rundowns of medical advisories and required and recommended vaccinations, as well as appropriate malaria prophylaxis for each locale. The CDC also provides information on special considerations for immune-compromised travelers or those with chronic medical conditions.

The U.S. State Department website (<https://travel.state.gov/content/travel/en/international-travel.html>) also advises travelers on commonly prescribed medications that are considered illicit

or controlled substances abroad and therefore might be confiscated or lead to imprisonment after your arrival.

The outdoors store REI, the Red Cross, and various private outfitters offer wilderness first aid courses around the country. A proper wilderness course lasts three days to a week.

The Iridium handheld satellite communicator costs about \$350 plus a small monthly fee. It's helpful for natural disasters when ordinary cell networks crash.

Chapter 4: Just Plug It—Emergency First Aid

You can check your blood type at home with a kit (<https://www.4yourtype.com/original-home-blood-typing-kit/>).

Consult the Rhesus Negative organization's website (<http://www.rhesusnegative.net/staynegative/rhesus-negative-friends-and-organizations-worldwide/>) for a list of groups and resources worldwide.

First aid training can be found through the Red Cross and the National Safety Council. As mentioned earlier, I recommend a wilderness safety course, which will take you beyond the let's-pound-the-chest CPR. Because of its intense and comprehensive nature, you emerge capable of stabilizing a leg fracture or a neck injury.

The Stop the Bleed movement (<https://stopthebleed.org/>) offers kits and training that are lifesaving in active shooter situations as well as car accidents.

Various online resources train people to respond to opioid emergencies by administering naloxone (brand name: Narcan), the antidote to overdoses. Check out www.getnaloxonenow.org and www.naloxoneinfo.org/run-program/training-tools.

Chapter 5: Run! Protests, Bombs, and Shooters

Home Depot offers a selection of respirator masks in its Safety Equipment department and publishes a handy buyer's guide online (<https://www.homedepot.com/c/ab/best-safety-equipment-for-painting/9ba683603be9fa5395fab900591e2ab>).

Protest laws vary by state and city (<https://civilrights.findlaw.com/enforcing-your-civil-rights/protest-laws-by-state.html>).

Hit rates for police officers (i.e., measures of their accuracy with firearms) are surprisingly low (<https://www.ajc.com/blog/get-schooled/gunfights-trained-officers-have-percent-hit-rate-yet-want-arm-teachers/mDBlhDtV6Na4wJVpeu58cM/>).

Chapter 6: Do I Stay or Do I Go? Natural Disasters

The National Centers for Environmental Information publishes data and reports on disasters (<https://www.ncdc.noaa.gov>). The government's National Weather Service (<https://www.weather.gov/>) puts out alerts, updates, and tips for every conceivable form of bad weather.

The World Bank (<http://www.worldbank.org/en/news/feature/2013/12/12/improving-women-disasters>) and the United Nations Development Programme (<https://www.undp.org/content/dam/undp/library/crisis%20prevention/disaster/7Disaster%20>

Risk%20Reduction%20-%20Gender.pdf) have both issued sobering reports about gender and disasters.

The many products mentioned in this chapter, including models of hand-cranked NOAA weather radios, can be ordered online. Home Depot offers a helpful guide on the various respirator masks on the market (<https://www.homedepot.com/c/ab/types-of-respirator-masks/9ba683603be9fa5395fab907a681adb>).

The outdoors store REI gives a good rundown of the various types of avalanche transceivers (<https://www.rei.com/learn/expert-advice/avalanche-transceiver.html>). Many models are advertised online.

Chapter 7: Gimme Shelter—Hunkering Down When Disaster Strikes

A variety of LED headlamps, surge protectors, SAD lamps, and generators can be found at Home Depot or online.

Satellite telephones can be rented or bought. Leading brands are Inmarsat, Globalstar, and Iridium Satellite.

Chapter 8: Drinking

Moderation is fine. Excess isn't. Consult www.aa.org.

Women who drink excessively are more likely than men to suffer damage to the liver, heart, and brain. Alcohol abuse can hurt fetuses and have a negative effect on fertility and menstrual cycles. Consult the CDC Fact Sheets at <https://www.cdc.gov/alcohol/fact-sheets/womens-health.htm>.

M. Mohler-Kuo, G. W. Dowdall, M. Koss, and H. Wechsler, "Correlates of Rape While Intoxicated in a National Sample of College Women," *Journal of Studies on Alcohol* 65, no. 1 (2004): 37–45.

Chapter 9: #MeToo and Rape

Hollaback!, an international organization operating in twenty-five countries, offers strategies and resources for combating harassment (<https://www.ihollaback.org/cornell-international-survey-on-street-harassment/>). The website cites the Cornell study I mention in this chapter.

To find a state-by-state list of restrictions on pepper spray, go to <https://www.pepper-spray-store.com/pages/states>.

In 1990, a Stanford University team published a study on forty-three women who had taken model mugging training in the San Francisco area (<https://modelmugging.org/journal-of-personality-and-social-psychology/>). It found that six months after the course ended, the women felt freer to use public transportation and to go out at night. They were less anxious walking down the street and asserting themselves with forceful men. Further compelling research was conducted over the past decade by social psychologist Charlene Senn, from the University of Windsor, in Canada (<https://charlenesenn.ca/eaaa/>).

The Rape, Abuse, and Incest National Network, or RAINN (<https://www.rainn.org>), is the largest anti-sexual assault organization in the United States. It offers free and confidential services to survivors of assault, including a 24-hour toll-free hotline.

IMPACT has chapters all over the United States and holds assertiveness workshops at schools, colleges, studios, and private venues (<http://www.impactselfdefense.org/>). (No, I do not hold shares, in case you're wondering.)

The national working women's organization 9to5 (www.9to5.org) offers fact sheets and advice on combating sexual harassment in the workplace. To reach the helpline, call 1-800-522-0925, or email @9to5.org.

The American Association of University Women aims to promote gender equality through education, advocacy, and research. Its website provides many resources, including a legal guide to workplace sexual harassment (<http://www.search-elnk.net/search/?q=http%3A//https://www.aauw.org/what-we-do/legal-resources/know-your-rights-at-work/workplace-sexual-harassment/employees-guide&r=&t=0>).

To report stalking or harassment, call the hotline of the National Center for Victims of Crime at 855-4-VICTIM (855-484-2846) or reach them via online chat (chat.victimconnect.org). Crime victims can also learn about their civil and legal rights at www.victimconnect.org.

To find an appropriate local health facility that is prepared to care for survivors, call the National Sexual Assault Hotline at 800-656-HOPE (4673). You'll be connected to a staff member from a local sexual assault service provider who will explain how to get help and report to law enforcement.

Chapter 10: Online Harassment and Stalking

The Pew Research Center's report on online harassment was published on July 11, 2017, on the organization's website. The Department of Justice periodically updates its statistics. The latest report (https://bjs.gov/content/pub/pdf/svus_rev.pdf) came out in September 2012.

DeleteMe can be found on the Abine website (<https://www.abine.com/deleteme/>).

CallerSmart also provides a guide on cyberstalking (www.callersmart.com/guides).

FightCyberstalking.org is an online resource providing information on reporting a cyberstalker and online safety tips for social media sites. It offers a tool kit for keeping logs of incidents and communications (in PDF format). The Stalking Resource Center of the National Center for Victims of Crime provides resources on criminal stalking laws by state (<https://victimsofcrime.org/our-programs/past-programs/stalking-resource-center/stalking-laws/criminal-stalking-laws-by-state>).

A list of states' porn revenge laws can be found at <https://www.cybercivilrights.org/revenge-porn-laws/>.

Chapter 11: Dodge the Hack—Electronic Security

Take a look at www.securityplanner.org for a user-friendly guide to basic online practices. Security Planner is a project of Citizen Lab, an initiative of the University of Toronto.

The Electronic Frontier Foundation, an international digital rights group, publishes information about tools and holds events around the world. It fields queries and gives updates about vulnerabilities. You can request a speaker at www.eff.org.

CryptoParty (www.cryptoparty.in) is a global movement that holds free events on digital protection. Topics can include encrypted communication, preventing yourself from being tracked while browsing the Web, and general security advice regarding computers and smartphones. You can attend one of its many gatherings, or organize your own.

The MIT Technology Review cites a study by the firm Emsisoft software company that tallied 764 Ransomware attacks on healthcare providers and 89 on educational establishments: <https://www.technologyreview.com/f/615002/ransomware-may-have-cost-the-us-more-than-75-billion-in-2019/>.

When choosing a VPN, avoid any that log user activity. Opt only for one that is highly regarded in security circles, such as the easy-to-use TunnelBear. Vypr is known as the Cadillac of VPNs for its popularity with the corporate world; it's made by a German company. Activists prefer Private Internet Access. Mullvad, from Sweden, also gets high marks.

Aside from checking if you were a victim of a breach, www.haveibeenpwned.com—"pwned" refers to being compromised—allows you to set up alerts for any possible future breaches. It's free and user-friendly—even for cyberphobics like me.

Suggested camouflage for facial recognition: <https://cvdazzle.com/>.

Chapter 12: Mental Armor—Emotional Resilience

For a formal definition of PTSD, consult <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>. A diagnosis includes the following:

- Reexperiencing symptoms (flashbacks, intrusive memories, or nightmares);
- Avoiding places or thoughts related to the event;
- Experiencing arousal and reactivity symptoms (difficulty sleeping, being on edge, quick to anger); and
- Having cognitive or mood disorders (e.g., feeling intense guilt or losing hope and interest in activities once found enjoyable).

The Sidran Institute (<https://www.sidran.org>), for traumatic stress education and advocacy, provides information on hotlines and literature on trauma.

The clinician directory of the International Society for Traumatic Stress Studies (<https://www.istss.org/find-a-clinician.aspx>) lists various factors to consider when searching for a counselor or mental health professional, such as specialties, populations served, and languages spoken.

The Rebels Project (<http://www.therebelsproject.org/>) provides support for people impacted by gun violence.

The National Center for PTSD at the National Institute of Mental Health (www.ptsd.va.gov) offers more resources, especially for veterans.

It would be difficult to list all the scholarship that has been done on the link between psychological resilience and eating fruits and vegetables. Two studies leapt out at me:

Shahriar Gharibzadeh, Motaharsadat Hosseini, Saeed Shoar, and Sayed Hoseini,

"Depression and Fruit Treatment," *Journal of Neuropsychiatry and Clinical Neurosciences* 22, no. 4 (October 2010): 451-m.e25-451.e25.

S. Mihshahi, A. J. Dobson, and G. D. Mishra, "Fruit and Vegetable Consumption and Prevalence and Incidence of Depressive Symptoms in Mid-age Women: Results from the Australia Longitudinal Study on Women's Health," *European Journal of Clinical Nutrition* 69, no.5 (May 2015), 585-91.

Viktor Frankl, *Man's Search for Meaning*, (New York: Beacon Press, 2006). The book is a profound meditation on Frankl's five years in concentration camps and on what enabled him to cope psychologically.

Conclusion

Author interviews with Albert Bandura, 2018 and 2019. A selected bibliography of Bandura's extensive works appears on his website:<https://albertbandura.com/albert-bandura-academic-publications.html>.

FORMS

YOUR NAME

Mobile phone and any other numbers

Address

Email

Passwords and PINs for:

Phone

Computer

Bank accounts

Names of important contacts with the same details as above:

Partner

Next of kin

Employer

Doctor

Vet

Lawyer

Financial advisor (should you have one)

Your vital information:

Date of birth

Passport and Social Security numbers

Blood type and any allergies or vital medications like insulin

Bank account numbers and passwords

Other account numbers such as credit cards, etc.

Medical and property insurance

Itinerary in case of travel: Details of hotel, airline, vehicles, and
departure and arrival times, routes, reservation numbers
