

Situational Awareness and You

When one studies all the “I Survived” stories one quickly realizes that the survivors took control of the few determining factors that were within their realm of control. The key factors were:

- Awareness of their situation and what needed to be done
- Applying the Reality Check to the situation
- Honesty of just what they could and could not do
- The Will (tenacity) to strive to do what needed to be done to survive

I've lived in a few really large cities (Philadelphia, Chicago, San Diego, Fort Worth, Portland, OR) as well as in farm country and one self-defense tactic that proved the most consistent and valuable in *both* environments was **AWARNESS**.

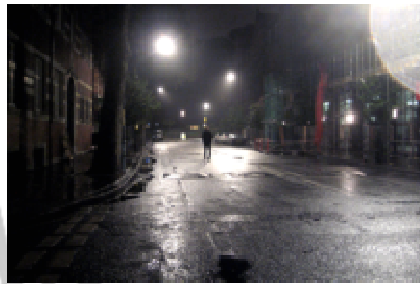


Awareness is the first step to avoidance and many not so pleasant situations can be avoided if you are aware of what is going on around you – of your surroundings. Or as the military and law enforcement prefer to call it: **Situational Awareness**.

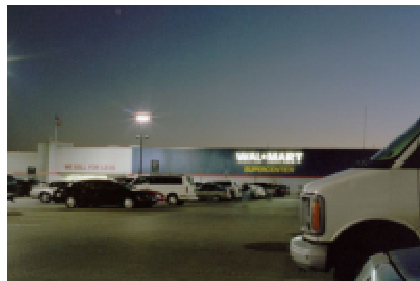


According to Wikipedia

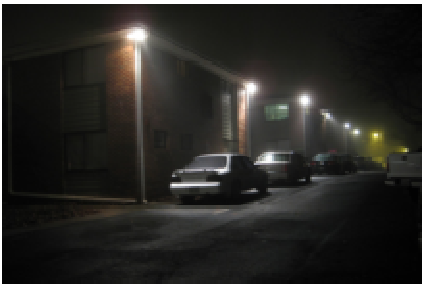
“**Awareness** is the state or ability to perceive, to feel, or to be conscious of events, objects or sensory patterns. In this level of consciousness, sense data can be confirmed by an observer without necessarily implying understanding. More broadly, it is the state or quality of being aware of something. In biological psychology, awareness is defined as a human's or an animal's perception and cognitive reaction to a condition or event. ... Awareness is a relative concept. An animal may be partially aware, may be subconsciously aware, or may be acutely aware of an event. Awareness may be focused on an internal state, such as a visceral feeling, or on external events by way of sensory perception. Awareness provides the raw material from which animals develop qualia, or subjective ideas about their experience.”



“**Situation Awareness, Situational Awareness, or SA**, is the perception of environmental elements with respect to time and/or space, the comprehension of their meaning, and the projection of their status after some variable has changed, such as time. It is also a field of study concerned with perception of the environment critical to decision-makers in complex, dynamic areas from aviation, air traffic control, power plant operations, military command and control, and emergency services such as fire fighting and policing; to more ordinary but nevertheless complex tasks such as driving an automobile or bicycle.

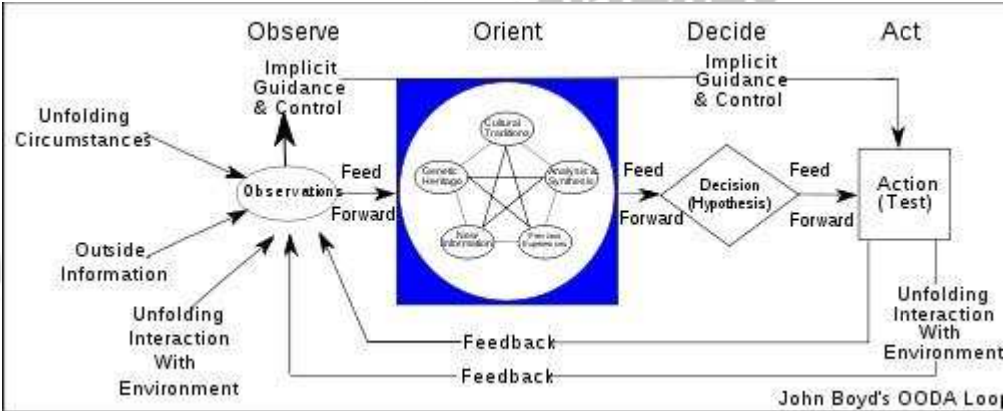


Situation awareness (SA) involves being aware of what is happening around you to understand how information, events, and your own actions will impact your goals and objectives, both now and in the near future. [tone] Lacking SA or having inadequate SA has been identified as one of the primary factors in accidents attributed to human error (e.g., Hartel, Smith, & Prince, 1991; Merket, Bergondy, & Cuevas-Mesa, 1997; Nullmeyer, Stella, Montijo, & Harden, 2005). Thus, SA is especially important in work domains where the information flow can be quite high and poor decisions may lead to serious consequences (e.g., piloting an airplane, functioning as a soldier, or treating critically ill or injured patients).



Having complete, accurate and up-to-the-minute SA is essential where technological and situational complexity on the human decision-maker are a concern. SA has been recognized as a critical, yet often elusive, foundation for successful decision-making across a broad range of complex and dynamic systems, including aviation and air traffic control (e.g., Nullmeyer, Stella, Montijo, & Harden 2005), emergency response and military command and control operations (e.g., Blandford & Wong 2004; Gorman, Cooke, & Winner 2006), and offshore oil and nuclear power plant management (e.g., Flin & O'Connor, 2001)."

The term itself is fairly recent (WWI) but the concept has its roots in military theory and is recognizable in Sun Tzu's "Art of War". The USAF used the term in air-to-air combat in the Korean and Vietnam wars and linked it to the "observe" and "orient" phases of the famous observe-orient-decide-act loop (OODA Loop) or Boyd Cycle (USAF war theorist Col. John Boyd). It also became widely adapted by Human Factor Behavior Scientists in the 1990's.



Although numerous definitions of SA have been proposed, Endsley's definition (1995b), **"the perception of elements in the environment within a volume of time and space, the comprehension of their meaning, and the projection of their status in the near future,"** is firmly established and widely accepted. While some definitions are specific to the environment from which they were adapted, Endsley's definition is applicable across multiple task domains. Several other definitions of SA have been suggested, generally restating the same themes.



There is an excellent article by Scott Stewart called ***“A Primer on Situational Awareness”*** (http://www.stratfor.com/weekly/20100609_primer_situational_awareness) that I highly recommend that everyone read – Prepper, Survivalist or not! In it he states the importance of the *“mindset”* of situational awareness:

“People who practice situational awareness can often spot this planning process [of a dangerous act/crime] as it unfolds and then take appropriate steps to avoid the dangerous situation or prevent it from happening altogether. Because of this, situational awareness is one of the key building blocks of effective personal security — and when exercised by large numbers of people, it can also be an important facet of national security. Since situational awareness is so important, and because we discuss situational awareness so frequently in our analyses, we thought it would be helpful to discuss the subject in detail and provide a primer that can be used by people in all sorts of situations.



An important element of the proper mindset is to first recognize that threats exist. Ignorance or denial of a threat — or completely tuning out one’s surroundings while in a public place — makes a person’s chances of quickly recognizing the threat and avoiding it slim to none. This is why apathy, denial and complacency can be (and often are) deadly. A second important element is understanding the need to take responsibility for one’s own security. The resources of any government are finite and the authorities simply cannot be everywhere and cannot stop every criminal action. The same principle applies to private security at businesses or other institutions, like places of worship. Therefore, people need to look out for themselves and their neighbors.

Another important facet of this mindset is learning to trust your *“gut”* or intuition. Many times a person’s subconscious can notice subtle signs of danger that the conscious mind has difficulty quantifying or articulating. Many people who are victimized frequently experience such feelings of danger prior to an incident, but choose to ignore them. Even a potentially threatening person not

making an immediate move — or even if the person wanders off quickly after a moment of eye contact — does not mean there was no threat. "

He also goes on to describe the various levels to Situational Awareness (often referred to as Cooper's Colors):



In Mr. Stewart's section on *"Finding the Right Level"* he points out that we humans usually move through these levels to meet our body and minds needs:

"Now that we've discussed the different levels of awareness, let's focus on identifying what level is ideal at a given time. The body and mind both require rest, so we have to spend several hours each day at the comatose level while asleep. When we are sitting at our homes watching a movie or reading a book, it is perfectly fine to operate in the tuned-out mode. However, some people will attempt to maintain the tuned-out mode in decidedly inappropriate environments (e.g., when they are out on the street at night in a third-world barrio), or they will maintain a mindset wherein they deny that they can be victimized by criminals. *"That couldn't happen to me, so there's no need to watch for it."* They are tuned out.



Some people are so tuned out as they go through life that they miss even blatant signs of pending criminal activity directed specifically at them....

If you are tuned out while you are driving and something happens — say, a child runs out into the road or a car stops quickly in front of you — you will not see the problem coming. This usually means that you either do not see the hazard in time to avoid it and you hit it, or you totally panic and cannot react to it — neither is good. These reactions (or lack of reaction) occur because it is very difficult to change mental states quickly, especially when the adjustment requires moving several steps, say, from tuned out to high alert. ...



... It is critical to stress here that situational awareness does not mean being paranoid or obsessively concerned about your security. It does not mean living with the irrational expectation that there is a dangerous criminal lurking behind every bush. In fact, people simply cannot operate in a state of focused awareness for extended periods, and high alert can be maintained only for very brief periods before exhaustion sets in. The “flight or fight” response can be very helpful if it can be controlled. When it gets out of control, however, a constant stream of adrenaline and stress is simply not healthy for the body or the mind. ...”



There are also several *cognitive processes* related to situation awareness. In the chart below it must be understood that *situation awareness* and *situation assessment* are more commonly discussed in complex domains such as aviation and military operations and relate more to achieving immediate tactical objectives. *Sense making* and *achieving understanding* are more commonly found in industry and the organizational psychology literature and often relate to achieving long-term strategic objectives.

		Phase	
		Process	Outcome
Objective	Tactical (short-term)	situation assessment	situation awareness
	Strategic (long-term)	sensemaking	understanding
	Science (longer-term)	understand	predict

The most common theoretical framework of SA is provided by Dr. Mica Endsley (1995b). Endsley's model illustrates **three stages or steps of SA formation: perception, comprehension, and projection:**

Perception (Level 1 SA): The first step in achieving SA is to perceive the status, attributes, and dynamics of relevant elements in the environment. Thus, Level 1 SA, the most basic level of SA, involves the processes of monitoring, cue detection, and simple recognition, which lead to an awareness of multiple situational elements (objects, events, people, systems, environmental factors) and their current states (locations, conditions, modes, actions).

Comprehension (Level 2 SA): The next step in SA formation involves a synthesis of disjointed Level 1 SA elements through the processes of pattern recognition, interpretation, and evaluation. Level 2 SA requires integrating this information to understand how it will impact upon the individual's goals and objectives. This includes developing a comprehensive picture of the world, or of that portion of the world of concern to the individual.

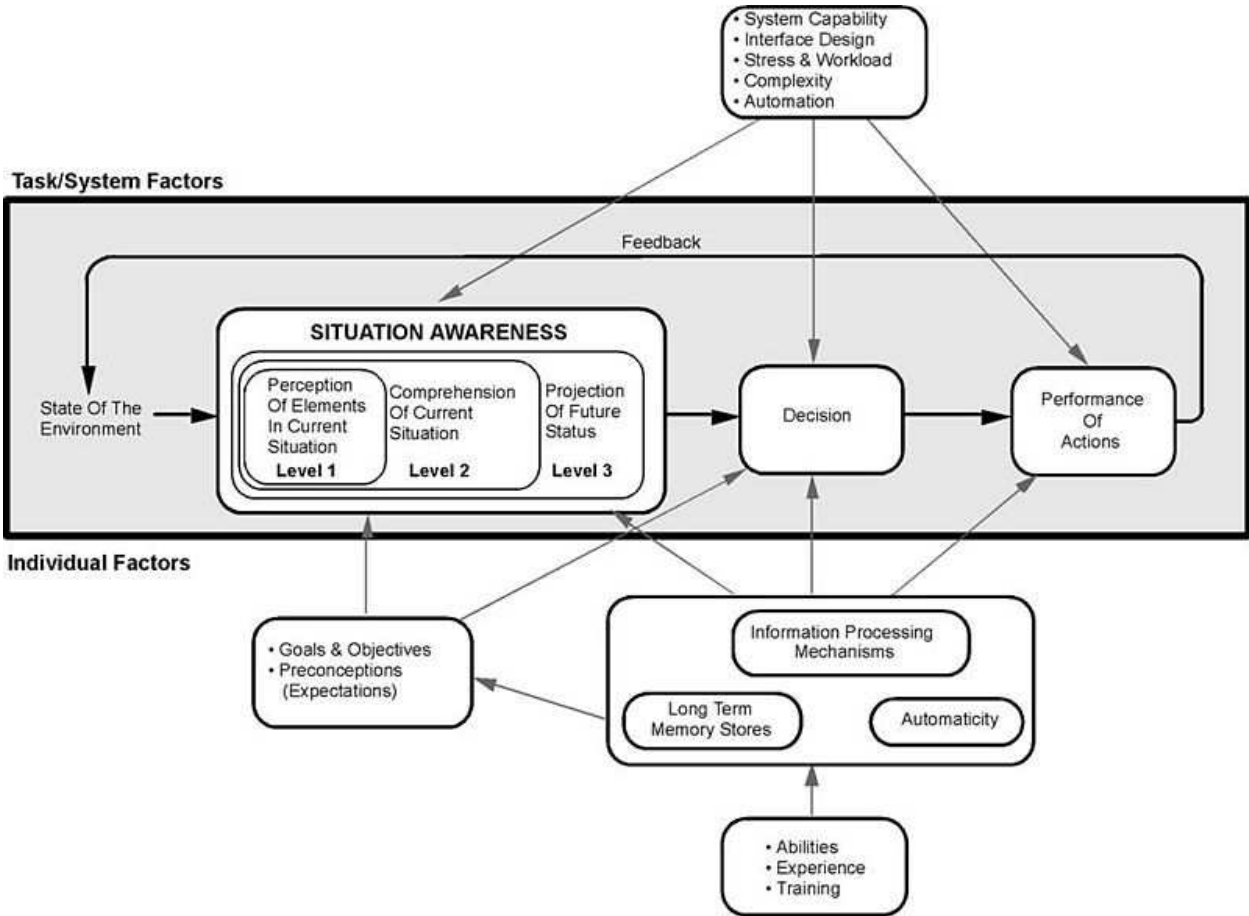
Projection (Level 3 SA): The third and highest level of SA involves the ability to project the future actions of the elements in the environment. Level 3 SA is achieved through knowledge of the status and dynamics of the elements and comprehension of the situation (Levels 1 and 2 SA), and then extrapolating this information forward in time to determine how it will affect future states of the operational environment.



Endsley's model of SA also illustrates several variables that can influence the development and maintenance of SA, including individual, task, and environmental factors. *For example, individuals vary in their ability to acquire SA; thus, simply providing the same system and training will not ensure similar SA across different individuals.* Endsley's model shows how SA "provides the primary basis for subsequent decision making and performance in the operation of complex, dynamic systems" (Endsley, 1995a, p. 65). Although alone it cannot guarantee successful decision making, SA does support the necessary input processes (e.g., cue recognition, situation assessment, prediction) upon which good decisions are based (Artman, 2000).



SA also involves both a temporal and a spatial component. Time is an important concept in SA, as SA is a dynamic construct, changing at a tempo dictated by the actions of individuals, task characteristics, and the surrounding environment. As new inputs enter the system, the individual incorporates them into this mental representation, making changes as necessary in plans and actions in order to achieve the desired goals. SA also involves spatial knowledge about the activities and events occurring in a specific location of interest to the individual. Thus, *the concept of SA includes perception, comprehension, and projection of situational information*, as well as temporal and spatial components.

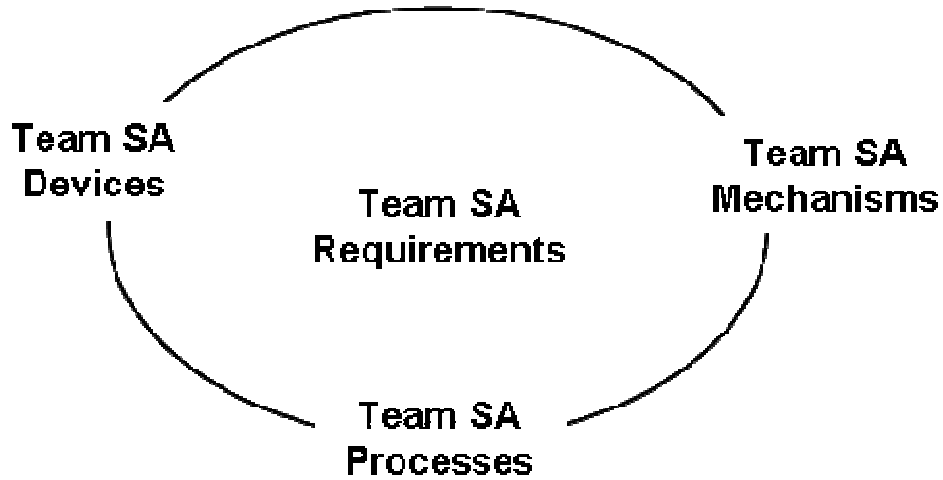


Endsley's model of situation awareness (adapted from Endsley, 1995b).

Situational Awareness is *not* just an individual thing; it is also a Team or Group concept too. **Team SA** is defined as **"the degree to which every team member possesses the SA required for his or her responsibilities"** (Endsley, 1995b, p. 39; see also Endsley, 1989).



The success or failure of a team depends on the success or failure of each of its team members. If any one of the team members has poor SA, it can lead to a critical error in performance that can undermine the success of the entire team. By this definition, each team member needs to have a high level of SA on those factors that are relevant for his or her job. It is not sufficient for one member of the team to be aware of critical information if the team member who needs that information is not aware.



Model of team situation awareness (adapted from Endsley & Jones, 2001)



- 1. Team SA Requirements** – the degree to which the team members know which information needs to be shared, including their higher level assessments and projections (which are usually not otherwise available to fellow team members), and information on team members' task status and current capabilities.
- 2. Team SA Devices** – the devices available for sharing this information, which can include direct communication (both verbal and non-verbal), shared displays (e.g., visual or audio displays, or tactile devices), or a shared environment. As non-verbal communication, such as gestures and display of local artifacts, and a shared environment are usually not available in distributed teams, this places far more emphasis on verbal communication and communication technologies for creating shared information displays.
- 3. Team SA Mechanisms** – the degree to which team members possess mechanisms, such as shared mental models, which support their ability to interpret information in the same way and make accurate projections regarding each other's actions. The possession of shared mental models can greatly facilitate communication and coordination in team settings.
- 4. Team SA Processes** – the degree to which team members engage in effective processes for sharing SA information which may include a group norm of questioning assumptions, checking each other for conflicting information or perceptions, setting up coordination and prioritization of tasks, and establishing contingency planning among others.



As you can guess by all this “gobbely gouk” measuring ones Situational Awareness is not an easy task. There are really only two techniques to do this: Direct and Inferred.



Think of it this way: You are exiting the mall and ahead of you a little old lady is shoved to the ground and her purse is taken. You are not the only witness. When law enforcement finish getting all the witness testimonies and description of the assailant; and then finally catch the guy – one or more of the witness descriptions were correct, the rest were wrong. The correct witnesses had *inferred* situational awareness or attention to detail because their descriptions (their memories) were correct.

Overall the importance of being familiar with your surroundings and any dangers that may be present there is *critical* to good situational awareness. This includes your “gut feelings”, “the hairs on the back of your neck” and “6th senses”.



A great introduction Podcast to situational awareness called "***Situational Awareness vs Normalcy Bias***" @ <http://www.thesurvivalpodcast.com/situational-awareness-vs-normalcy-bias> discusses these two mental states and how being situationally aware leads to fast and effective decision making and action. It covers:

- What is situational awareness
- What is normalcy bias
- How can you improve your awareness
- Why is it a "survival topic"
- How do these concepts apply to news, the economy, politics
- Planning on the fly, what is it, why do it
- The need to protect other which is sometimes self serving as well
- What is a threat assessment, how do you do one in seconds
- The role of situational awareness in your lifestyle and survival planning



I highly recommend that you follow that with the Podcast called "***Developing Situational Awareness for Modern Survival Living***" @ <http://www.thesurvivalpodcast.com/devloping-situational-awareness-for-modern-survival-living>. This Podcast discusses various situations and key concepts for improving individual awareness; such as:

- How understanding that "everyone is not a friend" is the first step in being more aware of threats
- How to apply your awareness during driving a car to everyday life
- Subtle cues that a situation just "isn't right"
- The lesson of the dangerous game hunter and trusting your instincts
- Why situational awareness also applies to the news and the economy
- How to plan a response to emergencies in minutes in your head in any public place
- The importance of thinking about others with you who may not be as aware
- How to quickly do your own threat assessment in any situation
- The role of situational awareness in modern survival planning



Because of all the backpacking I have done over the years, I can attest to the fact that one needs to know *how* animals (including us humans), weather and terrain behave in your area. Different terrains can give you inklings as to what has transpired there in recent history and is likely to occur again.



I can't tell you how many times, birds stopped chirping or the sudden stillness and silence of the woods around me, has tipped me off to some kind of interloper into my area – 2 legged or 4 legged; knowing the habits of fish has led me to just the right spot to catch my dinner; or watching the birds and insects “batten down” while tree leaves turn bottom side up, has alerted me that this pending storm have spawned a tornado.



Some good examples of this can be found by reading "**Reading The Signs: Survival Situational Awareness**" @ <http://survivalcache.com/reading-the-signs-survival-situational-awareness/>. Here are a few:

“Approaching a clearing doing a low level recon in Viet Nam, a large group of birds took flight well before my helicopter could have spooked them. I did as hard a 90 degree turn as I could and the really, really BIG GREEN tracers (when they are headed your way they are as big as basketballs) missed me. My gunship supports were better shots and we picked up several 12.7 mm AA guns. Louis was right; it was a trap.”

“If you are in the woods and find an area clear of undergrowth, maybe just some small boulders and lots of pebble sized rock, the kind of place that would make the perfect camp site – GET OUT OF THERE FAST! You have just walked into the path of repeated flash floods. “

“When you are walking, always stop and check your back trail. In the woods the way back will look different than the way in. You want to remember what the way back looked like as well as what might be following you. If a bird approaching to land on the trail behind you suddenly veers off you should wonder why. Is there a predator behind you, maybe stalking you?”

“In the urban environment you are looking for what doesn’t fit. Why are those 3 guys wearing long coats in Houston in July? What is under those coats? Why did 2 of them suddenly cross the street and walk ahead of you and go into the alley?”

“Why has that dog that has been running feral with a pack for the last 3 weeks stepped in front of you on the walking path and just sat down? Where is the pack it has been running with? Yes, feral dogs in a pack will attack humans.”

“Know your wildlife, your plants, the habits of predators (2 or 4 legged) and watch for changes in the normal. If the normal changes without obvious reason, something is wrong. Always assume it is bad news for you. If you’re mistaken then you can feel good about being prepared and about good fortune. If you are right, you are prepared to survive.”

“Experience IS NOT the best teacher; it is only the most expensive! You use experience to stay out of trouble but you gain experience by doing dumb things.” (This author is right on target!)

“A man has got to know his terrain.”

Burt Gummer

(Survivalist - Tremors Movies and TV Series)



In an article at <http://UrbanSurvivalPlan.com/31/sipsample/> called ***“How To Increase Your Awareness By Becoming The Hunter!”*** the author stated a harsh reality and great learning tip:

“Although it sounds overly simplistic, one of the best ways to survive a violent encounter is to avoid violent encounters all-together.

One of the best ways to avoid violent encounters is to train your mind to recognize criminals, and the quickest way to do this is to start thinking like one.

For the next several days pretend that you are a mugger. As you go about your daily business, picture how you would bushwhack someone in the various places in which you find yourself. ...”

This is a very good read and the exercise is a good way to improve your own situational awareness.

“Practice makes perfect and repetition is the foundation to learning.”



Practice generates “Muscle Memory” or “Retention of Motor Skills (Motor Learning)”. No not your biceps, the other muscle, your brain. You know those memories stored in your brain that are much

like a cache of frequently enacted tasks for your muscles. It's a form of procedural memory that can help you become very good at something through repetition. Of course if you repeatedly do something incorrectly you will have "*bad muscle memory*" and do no more than repeat your mistakes.



Muscle memory can best be described as a type of movement with which the muscles become familiar over time. For instance, newborns don't have muscle memory for activities like crawling, scooting or walking. The only way for the muscles to become accustomed to these activities is for the baby to learn how to do these things and then practice them with a great deal of trial and error. Gradually, as the baby becomes a skilled walker, he falls less, is able to balance, and finally is able to incorporate other activities into his life such as running.



Muscle memory thus becomes an unconscious process. The muscles grow accustomed to certain types of movement. This is extremely important in different types of training for sports and combat. The more often you do a certain activity, the more likely you are to do it as needed, *when needed*. If you've kicked thousands of field goals, exercise physiologists assume that the likelihood of being able to kick one during a football game is pretty good through muscle memory. You don't have to think, "I need to make this kick." Your body already knows how to do it. Another similar example is driving which involves less concentration with experience in both driving and the route.



In an article by SWAT Operator, Sgt. Glenn French called **“Training to Enhance Tactical Situational Awareness”** (<http://www.policeone.com/patrol-issues/articles/2019895-Training-to-enhance-tactical-situational-awareness/>) He states that:

"Repetition in training develops memory — memory fosters confidence, decisiveness, and decision-making speed in combat".



Sgt. French goes on to explain his **“Strategic Thinking Triad”** which consists of:

- 1. Situated cognition
- 2. Cognitive thinking skills
- 3. Situational awareness

This is a great read, even for us civilians and I highly recommend it.



Think about it; if you avoid hazardous situations, you may never need to open the fancy kits (except to check expiration dates, of course). The techniques of situational awareness, as applied to civilian life, are simple to “learn”, easy to apply and can easily save your life.

Yes this takes time and effort. The basics don’t cost more than that. So if you think your time is just *too* limited and you are just *too* busy – you better ask yourself and answer honestly, just what priority you give Preparedness.



If you can’t skip every other movie, diner out or opening play to devote to preparedness, then you have not ranked it in your top 10 priorities of life. So just be honest enough to admit that without any rationalization or excuse making. It will save you and everyone around a whole lot of time.



The bottom line is that you can’t really be “taught” situational awareness – **you have to DO IT to LEARN IT** and you have to do it – over and over and over, again and again. Until you don’t have to think about it anymore – it becomes a habit and not a chore.

“Failing to learn something new, is failing to be alive.”



Resources

A Primer on Situational Awareness	http://www.stratfor.com/weekly/20100609_primer_situational_awareness
A Primer on Situational Awareness for Teotwawki	http://rockymountainsurvivalinstitute.com/2011/05/primer-on-situational-awareness-for.html
A Primer on Situational Awareness-Tactical Intelligence	http://www.tacticalintelligence.net/blog/a-primer-on-situational-awareness.htm
Basic Security Awareness By Geraint Jones	c4i.ORG and codenameinsight.COM
Be Aware of Your Surroundings	http://uppereastsidescene.blogspot.com/2007/07/be-aware-of-your-surroundings.html
Be Aware Of Your Surroundings And Use Precautions	http://askmissa.com/2010/07/22/be-aware-of-your-surroundings-and-use-precautions/
Blandford, A. & Wong, W. (2004). Situation awareness in emergency medical dispatch. International Journal of Human-Computer Studies, 61, 421-452	Library
Bolstad, C.A., Cuevas H.M., Gonzalez, C., & Schneider, M. (2005). Modeling shared situation awareness. Proceedings of the 14th Conference on Behavior Representation in Modeling and Simulation (BRIMS). Los Angeles, CA.	Library
'Building a culture of preparedness' DHS seminar Situational Awareness and Terrorism	http://www.securitydirectornews.com/?p=article&id=sd201002vDmaxm
Collier, S.G. & Follesf, K. (1995). SACRI: A measure of situation awareness for nuclear power plant control rooms. Proceedings of an International Conference: Experimental Analysis and Measurement of Situation Awareness (pp. 115-122). Daytona Beach, FL.	Library
Creating Situational Awareness: A Systems Approach	http://www.iom.edu/~media/Files/Activity%20Files/PublicHealth/MedPrep/Jun-10-11-2009-Commissioned%20Papers/Jun-10-11-2009-Commissioned-Paper-Creating-Situational-Awareness-A-Systems-Approach.pdf
Developing integrated technologies for civil and military applications	http://www51.honeywell.com/aero/common/documents/myaerospacecatalog-documents/Defense_Brochures-documents/AdvTactical_Situation_Awareness_Military.pdf
Devloping Situational Awareness for Modern Survival Living	http://www.thesurvivalpodcast.com/devloping-situational-awareness-for-modern-survival-living
Domestic Preparedness Journal Article: The Need for Situational Awareness in a CBRNE Attack	http://www.wittassociates.com/news/archive/in-the-news/2010/10/28/domestic-preparedness-journal-article-the-need-for-situational-awareness-in-a-cbrne-attack/
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Enhancing Tactical Situation Awareness	http://www.dodccrp.org/events/7th_ICCRTS/Tracks/pdf/080.PDF
Female Self Defense: Situational Awareness	http://survivalcache.com/female-self-defense-situational-awareness/
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How Muscle Memory Works and How It Affects Your Success	http://lifehacker.com/5799234/how-muscle-memory-works-and-how-it-affects-your-success
How to improve your awareness of your surroundings	http://www.kriyayoga.com/newsletters/nl200402.html
Individual Tactical Readiness Guide Level 1	Modernsurvivalonline.COM
Kozlowski, S.W.J. (1998). Training and developing adaptive teams: Theory, principles, and research. In J.A. Cannon-Bowers, & E. Salas, (Eds.), Making decisions under stress: Implications for individual and team training (pp. 115–153). Washington, DC: American Psychological Association.	Library
Mississippi Preparedness Project	http://mspreparednessproject.ning.com/
Muscle Memory Explained	http://www.tipitout.com/muscle-memory-by-dr-golf-geek/

Muscle Memory: Scientists May Have Unwittingly Uncovered Its Mystery	http://www.thinkmuscle.com/articles/haycock/muscle-memory.htm
Muscle Memory: The Training of Navy Seals Commandos	http://www.nytimes.com/2011/05/09/books/seal-team-six-and-the-heart-and-the-fist-reviews.html?pagewanted=all
Pandemic Preparedness in the States: Progress and Opportunity-Situational awareness	http://www.fcc.gov/pshs/docs/clearinghouse/best-practices/National_Governors_Association_PANDEMIC_ASSESSMENT_0809.pdf
Preparedness and "Situational Awareness"	http://www.1800prepare.com/blog/preparedness-and-situational-awareness/
Preparedness and Situational Awareness New Culture of Corporate Security Plans	http://www.continuitycompliance.org/preparedness-and-situational-awareness-new-culture-of-corporate-security-plans/
Reading The Signs: Survival Situational Awareness	http://survivalcache.com/reading-the-signs-survival-situational-awareness/
Revision of Rapid Situational Awareness and Damage Assessment from June 4, 2011 - 12:02 and Revision #6 Recommend a SolutionFork	http://www.rhok.org/node/2702/revisions/3010/view and http://www.rhok.org/node/2702/recommend-solution
Risk Awareness and Education on Natural Catastrophes	oecd.ORG
Secretary's Operations Center (SOC) Public Health Department Situational Awareness	http://www.phe.gov/Preparedness/responders/soc/Pages/situationalawareness.aspx
Security: Always be Aware of Your Surroundings	http://www.moderncarcare.com/articles/2008/05/security-always-be-aware-of-your-surroundings.aspx
Self-Defense Tactics-Be aware of your surroundings as you walk to your vehicle	http://www.selfdefense-techniques.com/articles/Self-Defense-Be-Aware-Of-Your-Surroundings-As-You-Walk-To-Your-Vehicle.html
Situational Awareness	http://www.earlyalert.com/situational_awareness.html
Situational Awareness	http://captaindaveinc.com/guide/chapter-4-beyond-the-basics/situational-awareness/
SITUATIONAL AWARENESS	http://www.uscg.mil/auxiliary/training/tct/chap5.pdf
Situational Awareness and Emergency Preparedness	http://blog.gobagsonline.com/2011/06/14/situational-awareness-and-emergency-preparedness.aspx
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