

# Emergency Evacuation Behaviour Under Stress:

## Australian Safety Guide

— [www.firerescue.com.au](http://www.firerescue.com.au) —

### Why Understanding Stress Matters

- ✓ Stress affects decision-making in emergencies
- ✓ Recognise reactions to improve escape chances
- ✓ Follow official advice for safer evacuations



### Common Stress Reactions

#### Fight, Flight, or Freeze



Panic or freeze under pressure

#### Tunnel Vision



Narrow focus, poor judgment

#### Denial & Delay



Ignoring warnings, slow to act

### Stay Calm & Prepared

- ✓ Practice evacuation drills
- ✓ Know your exits and routes
- ✓ Act quickly when warned to leave



### Trust the Experts

Follow instructions from emergency services



### In an Emergency

Call **000** Immediately

