



## What To Do During A Bank Robbery

Dr. Phil's guest, Rich, found himself in a bank during an attempted armed robbery in 2010. When the bank robber made a move to jump over the counter, Rich tackled him and held the man until police arrived. Even though he got shot in the leg in the process, Rich was very lucky.

[Dr. Rosemary Erickson](#) is a security expert who trains bank employees in what to do during a robbery. Here are her Dos and Don'ts if you find yourself at a bank during an attempted robbery:

### Do:

- Cooperate
- Give up the money
- Obey the robber's commands
- Keep your hands in sight

### Don't:

- Resist
- Talk
- Plead
- Stare
- Make any sudden movements
- Be a hero
- Chase or follow

Dr. Erickson says most bank robberies are over in 90 seconds and only 4 percent of robberies end up with injured victims. Of those, 82 percent are due to someone resisting. Bottom line: Don't be a hero.