

Long-Range Acoustic Devices (LRADs)

A **Long-Range Acoustic Device (LRAD)** is a crowd control weapon used by law enforcement to issue loud warnings or disperse crowds. It emits high decibel (dB.) sound waves capable of causing **pain, disorientation, hearing damage, and permanent auditory injuries.**



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How to Protect Yourself

1. Wear Hearing Protection

- **Foam earplugs:** with Noise Reduction Rating (NRR) greater than 30dB.
- **Earmuffs:** with NRR greater than 20dB.
- **Layering** earmuffs with earplugs provides the best level of protection.

2. Recognize LRAD Appearance

- Often mounted on vehicles or tripods.
- Disc-shaped or rectangular with speaker grids.

3. Distance and Line of Sight

- **Move diagonally away** from the source—never directly back, as the sound beam is highly directional.
- Use **solid barriers** (vehicles, walls, buildings) to absorb and block the sound.

4. Group Coordination

- Have a **designated signal or plan** if an LRAD is spotted or activated.
- Know **exit routes** and safe spaces ahead of time.

Aftercare if Exposed

- Seek a quiet place to **recover**.
- Document symptoms and seek medical evaluation **if pain or hearing changes persist.**¹

¹ Audiology Australia. Position Statement: Hearing Health and the Use of Long-Range Acoustic Devices. November 2020. Audiology Australia. Accessed Aug. 27, 2025. <http://bit.ly/4mDUeCr>.

OC (Pepper) Spray

Step-by-Step: Flushing OC (Pepper) Spray from the Eyes¹

1. Move to Fresh Air Immediately

- Get away from the source of the spray. Do **not rub your eyes or face!**

2. Stay Calm and Control Breathing

- Breathe slowly through your mouth. OC spray can cause panic and hyperventilation.

3. Remove Contaminated Items

- **Contact lenses:** Remove and discard.
- **Eyeglasses:** Wash thoroughly with soap and water.
- **Clothing:** Remove if contaminated, especially around the face and neck.

4. Prepare a Flushing Solution

- **COOL WATER ONLY!**
- **Avoid:** Milk, baby shampoo, or baking soda mixtures—these are not medically recommended and can cause further irritation.



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5. Flush the Eyes

- Tilt the head **to the side of the affected eye**, so the chemical drains **away from the unaffected eye**.
- Gently pour solution from the inner corner of eye (by the nose) outward, across the eye.
- **Do not use high pressure.**
- **Blink repeatedly** while flushing to help clear the substance for **10–20 minutes**.

6. Wash Exposed Skin

- Use **cool water and mild, oil-free soap**.
- Avoid hot water—this opens pores and can worsen the burn.
- Pat dry with a clean towel. **Do not rub.**

7. Seek Medical Attention If:

- Vision doesn't return to normal within 30 minutes, you experience severe chest tightness, breathing issues, or wheezing, or eye redness or discharge persists.

¹ National Library of Medicine. *Tear Gas and Pepper Spray Toxicity*. Updated 2023. Accessed Aug. 27, 2025. <https://bit.ly/45U1FxY>.

Tear Gas

Step-by-Step: Flushing Tear Gas from the Eyes¹

1. Get to Safety

- **Leave the affected area immediately.** Move upwind or into fresh air.
- Avoid running; it can increase exposure by deepening your breaths.

2. Do Not Rub Your Eyes

- Rubbing spreads the chemical and increases irritation.

3. Remove Contact Lenses and Glasses

- **Glasses:** Rinse and set aside.
- **Contacts:** Remove and discard.

4. Prepare or Use a Flushing Solution

- **USE WATER ONLY!**
- Use a **squeeze bottle** with a gentle stream.

5. Tilt the Head

- Tilt the head **to the side of the affected eye**, so the chemical drains **away from the unaffected eye**.

6. Begin Flushing

- Gently pour water **from the inner corner of the eye (near the nose) outward**, across the eye.
- **Flush continuously for at least 10–15 minutes**, blink often while flushing to clear the irritant.



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7. Avoid Contaminating Others

- Those helping should wear **gloves**, avoid contact with skin and clothing.
- Wash hands thoroughly afterward.

8. Dispose of Contaminated Items Safely

- Place contacts, gloves, and used materials in a sealed bag.
- Wash contaminated clothes separately in cold water.

9. Seek Medical Attention If:

- There is severe pain, prolonged redness, or discharge, the person has asthma or is having trouble breathing, or if vision doesn't return to normal within 30 minutes.

¹ Physicians for Human Rights. *Preparing for, Protecting Against, and Treating Tear Gas and Other Chemical Irritant Exposure: A Protesters' Guide*. Accessed Aug. 27, 2025. <https://bit.ly/4oM7B4Q>.