

This advanced Personal Safety and Security course is delivered over 5 sessions, it covers the key learning objectives of a *Hostile Environment Awareness Training (HEAT)* course, but without the simulations or face-to-face interaction. When combined with a day of relevant and complementary simulations this course can be considered a HEAT equivalent.

Learners will:

- ✓ Enhance their safety and security awareness to increase confidence when in the field.
- ✓ Examine options to reduce the *likelihood* and *impact* of common safety or security incident occurring while in the field.
- ✓ Plan to enhance security during road travel, in their accommodation and in relation to cyber-threats.

Gain knowledge about:

- Personal Safety & Security
- Security Strategies
- Identifying threats
- Risk Assessments
- Situational Awareness
- Responding to Aggression
- Journey Management Planning
- Office & Accommodation Safety & Security
- Data and Information Security
- Kidnap and Detention
- Sexual Violence
- Basic Life Support
- Field Resilience and Stress Management

<p>Module Titles and Learning objectives</p> <p>Personal Safety & Security</p> <ul style="list-style-type: none"> • Assess deployments from an individual safety and security perspective. • Examine how our diverse profiles make up our individual security profile. • Discuss over-arching strategies to enhance our safety & security in the field. • Identify common safety and security trends in the "humanitarian operating space".
<p>Mitigating Threats</p> <ul style="list-style-type: none"> • Examine our safety and security environment. • Carry out risk assessments. • Recognise the link between risk assessment and mitigation. • Formulate simple personal mitigation measures against common risks.
<p>Situational Awareness and Understanding Human Aggression</p> <ul style="list-style-type: none"> • Discuss common constraints affecting our situational awareness and strategies to enhance it. • Apply the Recognise, Evaluate, Avoid, Defuse, Exit (READE) model to respond to different situations. • Recognise common symptoms, strengths, limitations, and triggers of limbic system responses. • Identify potential negotiation approaches and strategies when dealing with aggressive persons.
<p>Communications, the Security of Others, Data & Information Security</p> <ul style="list-style-type: none"> • List the strengths and weaknesses of different means of communication. • Identify good practice regarding communication plans • Examine strategies to enhance team safety and security. • Recall good practice in data and information security.
<p>Road Travel & Accommodation Safety – Weapons, Blasts & Complex Attacks</p> <ul style="list-style-type: none"> • Describe the different effects of firearms and hard and soft cover considerations. • Appraise blast effects and how to reduce vulnerability to them • Identify effective mitigation measures against common road threats • List the key components of office/accommodation safety and security
<p>Detention, Abduction and Sexual Violence</p> <ul style="list-style-type: none"> • Describe contextual measures to mitigate against the likelihood of abduction and detention. • Analyse different coping strategies during captivity. • Recognise the universality of sexual violence and common mitigation strategies. • List response options during and in the aftermath of a sexual assault. • Identify common emotional and mental health causes and symptoms.
<p>Option 1: Basic Life Support</p> <ul style="list-style-type: none"> • Describe how to carry out a DRcAB Primary Survey. • List the main considerations regarding CPR. • Recall the key aspects of a Secondary Survey. • Identify the different types and levels of external bleeding and how to treat them. <p>Option 2: Field resilience and Stress Management</p> <ul style="list-style-type: none"> • Managing Acute Stress • Mental Health: risks and resilience in the aid • Practical strategies for protecting psychological health