

This advanced Personal Safety and Security course is delivered over 7 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 an ILS one day SAFA/HEAT Refresher course, PSAT can be converted to a full HEAT certification.

### 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.
- ✓ Analyse common emotional, mental health risks and coping strategies.
- ✓ Improve their ability to carry out your work effectively, fulfilling your objectives and those of organisation.

### 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
- Mental Health and Resilience
- Basic Life Support

## Module Titles and Learning objectives

### Personal Safety & Security

- 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".

### Mitigating Threats

- 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.

### Situational Awareness and Understanding Human Aggression

- 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.

### Communications, the Security of Others, Data & Information Security

- 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.

### Road Travel & Accommodation Safety – Weapons, Blasts & Complex Attacks

- 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

### Detention and Abduction, Sexual Violence and Mental Health

- 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.
- Describe stress management/field resilience techniques.

### Basic Life Support

- 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.