

# Basic Safety & Security Course (including e-learning module)



**Aim:** The Basic Safety and Security Course prepares you for working and travelling in unsafe areas.

During this course you learn and practice the skills needed to operate safely in dangerous areas. This will give you a rational attitude and self-confidence, thus increasing your personal and professional effectiveness in the field.

**Method:** Strong emphasis on interaction and practical exercises. Simulations are an integrated part of the training. The training is conducted in a safe learning environment.

After one year, the participants receive an e-learning course to refresh their knowledge and skills.

**Participants:** Staff working and/or travelling in unsafe areas.

**Duration:** 3 days, including two evening programmes.

**Location:** The Netherlands, Soesterberg (Kontakt der Kontinenten)

**Language:** English (Tailor-made also in French and Dutch).

**Certification:** The participants receive a certificate.

## What do I get?



Safe learning environment



Personal feedback and learning



20+ specialised trainers/actors per course



Trainers educated at the CSD Academy



State-of-the art training materials



Comfortable hotel, venue and free wifi



Certified by CEDEO/Lloyds and CRKBO



Small groups (maximum 14)



Real-life simulations (genuine weapons)



Adapted to the latest global security developments



Part of the continuous training & certification programme (see last page)



Near Amsterdam Schiphol Airport & easy to reach by taxi/train/bus

## Course Content includes:

### Security Awareness

Working in insecure areas requires good analysis of context and threats. This analysis is crucial in taking realistic and appropriate security measures. The Security Awareness module is based on the “Circle of Security”, an easy-to-use tool to assess dangerous environments.

In this interactive session you will have the opportunity to discuss the practical steps to work safely in risk areas. You will learn the basics of field security and will exercise the key points of this module in case studies. These case studies are the starting point for the rest of the Basic Course.

Participants will learn the following:

- Context Analysis; what is the impact of my programme and how does that affect my safety? How does the environment I work in influence my security?
- Risk Assessment; what are the threats that can cause me or my colleagues harm? How can I assess the risk I am facing in a certain environment?
- Medical prevention and preparations before departure
- Risk Reducing Strategies; how can I reduce risk by adopting the right strategy: acceptance, protection and/or deterrence?
- Standard Operation Procedures; you learn how SOPs can enhance your safety. SOPs we discuss are: Communications, Vehicle Travel and Movement, Site Security, Staff Health and Welfare, Gender Safety and Information Security.
- Contingency planning; you learn how to work with emergency plans. If all things go wrong, what do you do?
- Incident reporting; how to inform your organisation if an incident occurs?

### Medical Accident Control

In case of a wounded person, problems such as chaos on the scene, poor communication, limited medical knowledge and limited available facilities can increase the difficulty of the situation. Therefore you should be able to perform lifesaving skills. In this module the emphasis is on practicing and rehearsing these skills.

Participants will learn the following:

- Assessment and management:
  - o How to act at the scene of an accident
  - o Describe appropriate steps to mitigate potential threats to safety
  - o Identify potential threats
- Apply emergency transport
- Perform life saving skills
- Solving airway and breathing problems
- Treating (severe) bleedings
- Transporting an injured person
- Hyper and hypothermia prevention

## Dealing with Aggression & Personal Resilience

Aggression can vary from corrupt government officials to armed robbery.

In this module you learn how to lower the stress level of the aggressor and yourself through controlling your own emotions and non-verbal behaviour. This increases your chance of surviving the situation. The module is highly interactive and makes use of an aggression actor during practical exercises.

Participants will learn the following:

- Types of aggression and differences between emotional and instrumental aggression
- How to deal with supercilious bureaucrats, carjacking, robbery, and hostage taking
- Recognising dangerous situations
- Staying calm when confronted with aggression
- Influencing the stress level of the aggressor with your personal behaviour
- Identifying the several phases of a hostage situation
- Dealing with a long term hostage situation, staying physically and mentally healthy
- Monitor and assess their own level of stress
- Monitor the level of stress of their colleagues
- How to lower their own stress level.
- What resources they have to strengthen their mental resilience

## Field Safety Skills/ Radio Skills/Ammunition Awareness

This module will give you the tools to work and travel in risk areas. The risks differ from checkpoints, ammunition from past conflicts to attacks from criminals or rebels. Another topic in this module is effective communication in the field.

In most (former) conflict areas there is a serious threat of weapons, unexploded ammunition and landmines. In this module you learn to recognise the danger of different kinds of weapons, landmines and ammunition.

Dealing with attacks and (illegal) checkpoints during travel are important skills. We discuss what you can do when you are confronted with such a situation.

Communication is vital in risk areas, especially in dangerous situations. You will learn to operate and communicate via HF radio communication and to report incidents. The emphasis will be on practical skills and awareness in order to assess risks independently and avoid unnecessary dangers.

Participants will learn the following:

- The danger of weapons/landmines/ammunition
- How to behave at a checkpoint
- What to do when under attack
- What to do during a carjacking
- Basic communication skills
- Preparing for travel and vehicle movement

- Avoiding and reacting to mines and ammunition
- Communication procedures, HF communication to report an incident

## Simulations

All acquired skills will be practiced in real-life simulations. In these practical exercises you learn to anticipate and react in threatening situations. All simulations will be practised in small groups and are supervised by experienced CSD trainers.

After each simulation you will receive feedback on your personal and group behaviour and actions from both the trainer and the actors.

Although the simulations can be challenging and demanding, they will be manageable and provide an excellent learning experience. This will increase your self-confidence and will help you develop the right attitude toward the risks involved.

## More information?

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### Continuous Training & Certification Programme

*“But how do we know the training of our staff is up-to-date? And when was the last time they were trained? How can we easily and quickly find a suitable course?”*

To answer these questions we offer our **Continuous training & certification programme**. The programme consists of a learning cycle to make sure the skills, knowledge and certification of your staff are always up-to-date. In your own online portal you can monitor the status of your staff members, their certification and easily enter them into a course with the click of a button. You will also be actively be informed by us if your staff needs a (refresher) course.

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