



## INTRODUCTION TO THE HEAT TRAINING

### HEAT PRESENTATION

(HOSTILE ENVIRONMENT AWARENESS TRAINING)

OTHER SOLUTIONS

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## 1. INFORMATION

You will soon take part in a 5-day safety training course (Hostile Environment Awareness Training), made up of a set of theoretical and practical modules as well as simulations. These are the subject of preparation, practice and debriefing. Therefore, we do not reveal the detailed agenda of the HEAT before the training in order to maintain the surprise effect of these scripted sequences.

### EXPECTATIONS & OBJECTIVES

This course has been developed to prepare and enhance the ability to carry out a mission in an isolated and/or potentially hostile environment. As a result, you will learn to **identify, assess and manage the risks present in your operational environment.**

### ORGANISATION

The HEAT takes place over 5 full days, combining theory and practice.

The majority of the 5 days of training (70%) includes practical exercises and simulations in order to directly apply what has been seen during the theoretical sessions.

Practical exercises allow to test your reactions to given situations, manage your movements, master your orientation and deal with situations requiring First Aid intervention.

The following modules will be taught during the course:

- Personal Security Principles
- Communication and navigation
- Stress management
- Robbery
- Weapons, mines, UXO et IED
- Safety in premises
- Cybersecurity
- Movement security
- Sexual violence
- Checkpoint
- Kidnapping / hostage taking
- First Aid

## SESSIONS

PERSONAL SECURITY PRINCIPLES	
Educational goals	Content
<ul style="list-style-type: none"> <li>Understanding the principles of personal safety, with an emphasis on individual responsibility, behaviour, environmental awareness</li> <li>Basic elements for managing safety.</li> </ul>	<ul style="list-style-type: none"> <li>Safety documentation / SOPs</li> <li>Code of conduct</li> <li>Individual behaviour and its impact on safety</li> <li>The personal kit - the grab-bag (<i>the emergency bag</i>)</li> </ul>

COMMUNICATION & NAVIGATION	
Educational goals	Content
<ul style="list-style-type: none"> <li>Acquire the knowledge to operate independently in dangerous areas.</li> </ul>	<ul style="list-style-type: none"> <li>Basic knowledge: topography, map and GPS</li> <li>Determine and communicate your position</li> <li>Move from one point to another</li> <li>Choose and build a route</li> </ul>

STRESS MANAGEMENT	
Educational goals	Content
<ul style="list-style-type: none"> <li>Know how to anticipate, detect, prevent and manage psychological risks.</li> </ul>	<ul style="list-style-type: none"> <li>Psychological risk: exposure, effects, manifestations and reactions</li> <li>Focus on isolation</li> <li>Managing post-traumatic stress: protective factors, psychological first aid, preparing for the return from mission</li> </ul>

ROBBERY	
Educational goals	Content
<ul style="list-style-type: none"> <li>Learn how to react in case of theft and good practices throughout the event.</li> </ul>	<ul style="list-style-type: none"> <li>The response to a burglary</li> <li>The survival mechanism - fight-flight-freeze</li> <li>Individual reaction and collective consequence</li> </ul>

WEAPONS, MINES, UXO ET IED	
Educational goals	Content
<ul style="list-style-type: none"> <li>Know the different types of weapons and their effects</li> <li>Avoid accidents and know how to react to protect yourself.</li> </ul>	<ul style="list-style-type: none"> <li>Basic knowledge of weapons, UXO, IED</li> <li>Basic safety principles</li> <li>Behaviour and reaction to a weapon and to a situation where weapons are used (e.g. crossfire), UXO, IED</li> </ul>

## SECURITY IN PREMISES

Educational goals	Content
<ul style="list-style-type: none"> <li>Understand the vulnerability and risks associated with buildings and infrastructure</li> <li>Know how to protect yourself and react.</li> </ul>	<ul style="list-style-type: none"> <li>Identification of buildings at risk</li> <li>Security analysis of a building (<i>environment, access, infrastructure</i>)</li> <li>Personal safety in a building</li> <li>Fire safety</li> </ul>

## CYBERSECURITY

Educational goals	Content
<ul style="list-style-type: none"> <li>Awareness-raising session on information protection and the minimum steps to take to use digital equipment correctly without putting yourself at risk.</li> </ul>	<ul style="list-style-type: none"> <li>Nature and source of the threat</li> <li>Good practice in the development aid sector in terms of digital hygiene</li> <li>Do's and don'ts</li> <li>Reaction to a digital attack</li> </ul>

## MOVEMENT SECURITY

Educational goals	Content
<ul style="list-style-type: none"> <li>Have a full understanding of how to move safely in risky areas.</li> </ul>	<ul style="list-style-type: none"> <li>Identify the key elements to consider when travelling</li> <li>Plan and respond effectively to ensure the safety of yourself and your colleagues when travelling</li> <li>Dealing with the main threats when travelling</li> </ul>

## SEXUAL VIOLENCES

Educational goals	Content
<ul style="list-style-type: none"> <li>Raising awareness of the risks of sexual assault and violence</li> </ul>	<ul style="list-style-type: none"> <li>Sexual assault: typologies and factors</li> <li>The risk for journalists</li> <li>Prevention and mitigation measures</li> <li>Dealing with a victim of sexual assault</li> </ul>

## KIDNAPPING / HOSTAGE TAKING

Educational goals	Content
<ul style="list-style-type: none"> <li>To raise awareness of the risk of kidnapping and hostage-taking.</li> <li>To know what measures to adopt to avoid the threat and "survive".</li> </ul>	<ul style="list-style-type: none"> <li>The difference between detention, kidnapping, abduction and a hostage situation, the underlying dynamics.</li> <li>The different phases of a kidnapping</li> <li>Basic mitigation measures to avoid becoming a victim of kidnapping</li> <li>The attitude to have during the capture/transportation phase with a focus on techniques that increase the hostages' chances of survival</li> <li>What to do in case of release by law enforcement</li> </ul>

FIRST AID	
Educational goals	Content
<ul style="list-style-type: none"> <li>Train to provide emergency care in isolated/hostile environments.</li> </ul>	<ul style="list-style-type: none"> <li>First Aid Protocol (Protect Examine Alert Rescue), moving a victim (in case of immediate danger), the first aid kit and the trauma kit.</li> <li>Management of bleeding from the upper and/or lower limb (direct compression, pressure dressing and tourniquet), management of bleeding from the abdomen and thorax (wound packing).</li> <li>Do a full check (MARCHE) before taking over.</li> <li>Extraction, transport and evacuation of a victim.</li> <li>Recovery position and CPR (Cardiopulmonary Resuscitation) with and without a defibrillator on a mannequin</li> <li>Possible reactions and trauma after explosion (<i>pneumothorax, ear bleeding, temporary or permanent deafness</i>), treatment of bullet wounds.</li> <li>Trauma management, especially on a traffic accident victim (space constraints in a vehicle to perform first aid) and how to evacuate a victim from a vehicle in case of immediate danger.</li> <li>Immobilisation, stabilisation before evacuation</li> <li>Management of secondary cases (when the prognosis is not vital) such as burns...</li> <li>Drill of the different techniques and verification of acquired knowledge.</li> <li>Video, cardiopulmonary resuscitation dummies, individual trauma kit, consumables, blood pumps, fake wounds, wound pack, wound cube, flexible extraction stretchers</li> </ul>

## Teaching in a practical way

This course has a dynamic and practical approach, with structured workshops that allow participants to share their knowledge and skills, but also to practice emergency management methods and to share experiences between participants and trainers.

## Debrief and evaluate

Each module, workshop and simulation are subject of a summary of key lessons and good practices and/or a structured debriefing. The participants therefore have the opportunity to evaluate themselves both individually and collectively.

These evaluations help to identify areas of learning and improvement for the rest of the course.

## Training evaluation

This is essential to measure the expected pedagogical objectives, the response to the participants' expectations and the usefulness of the training.

An evaluation questionnaire is sent by e-mail at the end of the training so that participants can formalise their feedback on the quality of the training and their satisfaction.

## TRAINING TEAM

Our trainers are all experienced professionals, with many training courses to their credit, a proven mastery of their subjects and teaching techniques adapted to the audience of our courses.

Each trainer has:

- The ability and desire to work in multi-disciplinary and multi-cultural teams, in degraded security contexts. Une forte capacité à travailler indépendamment et à respecter les échéances, tout en ayant une approche proactive, structurée et efficace de la mission.
- Social and pedagogical skills.
- Negotiation, advisory and leadership skills.
- A sensitivity to political, social, intercultural and security issues.

## 2. CERTIFICATIONS

### EFR (EMERGENCY FIRST RESPONSE)



The EFR certification is recognized worldwide for training in First Aid gestures that can save lives while waiting for emergency response.

[www.emergencyfirstresponse.com](http://www.emergencyfirstresponse.com)

### HIGHFIELD



Recognized by the British government, Highfield is the British leader in the field for professional certification.

[www.highfieldqualifications.com](http://www.highfieldqualifications.com)

### HPASS BADGE



HPass offers to humanitarian / development aid professionals a space to showcase their experience and expertise through digital skills badges. These make it possible to demonstrate their expertise formally and verifiably in a range of technical fields. A myHPass profile can be created, which displays badges obtained from a variety of vendors. It is publicly available and can be viewed by potential recruiters.

<https://hpass.org/for-humanitarian-staff-and-volunteers/earn-and-share-digital-badges/>

### STOP THE BLEED



Through the STOP THE BLEED® course, you will acquire the ability to recognize life-threatening bleeds and intervene effectively.

<https://www.stopthebleed.org/>



TECC (THE TACTICAL EMERGENCY CASUALTY CARE)



Tactical  
Emergency  
Casualty  
Care

The National Association of Emergency Medical Technicians (NAEMT) TECC course is approved by the Trauma Committee of the American College of Surgeons. This conforms to the current guidelines established by the TECC Committee and responds to the updated National Tactical Emergency Medical Support Competency Areas. The TECC course establishes guidelines for providing prehospital care to patients injured in a tactical incident.

<https://www.naemt.org/education/tecc>

## ATTESTATION OF PARTICIPATION – OTHER SOLUTIONS

This attestation issued by OSC certifies that the participant has successfully followed and completed the PFST training.

<https://othersolutions.net/>

