



INTRODUCTION TO THE PFST TRAINING

PFST PRESENTATION
(PERSONAL FIELD SECURITY TRAINING)

OTHER SOLUTIONS

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1. INFORMATION

You will soon take part in a 3-day safety training course (Personal Field Security 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 PFST 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 PFST takes place over 3 full days, combining theory and practice.

The majority of the 3 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 tools
- Movement security
- Hibernation, Relocalisation, Evacuation
- Safety in premises
- Weapons in the field
- Kidnapping / hostage taking
- Mines, UXO and IED
- Stress Management
- Sexual Violence
- Robbery
- First Aid

SESSIONS

PERSONAL SECURITY PRINCIPLES	
Educational goals	Content
<ul style="list-style-type: none"> Understand the principles of personal safety, with an emphasis on individual responsibility, behaviour, awareness and the basics of managing your safety. 	<ul style="list-style-type: none"> Safety documentation / SOPs Code of conduct Individual behaviour and its impact on safety The importance of respect in safety management The personal kit - <i>grab bag</i>

COMMUNICATION TOOLS	
Educational goals	Content
<ul style="list-style-type: none"> Understand the advantages and disadvantages of the means of communication and how to use them intelligently. 	<ul style="list-style-type: none"> Means of telecommunication in a degraded environment (<i>satellite telephone and radio</i>) Good practice in the use of means of communication Interception and security of telecommunication means Distribution of radios and practical application

MOVEMENT SECURITY	
Educational goals	Content
<ul style="list-style-type: none"> Have a comprehensive understanding of how to travel safely in conflict/risk areas. 	<ul style="list-style-type: none"> Identify the key elements to be considered when travelling Plan and respond effectively to ensure the safety of yourself and your colleagues when travelling Dealing with the main threats when travelling

HIBERNATION, RELOCALISATION, EVACUATION	
Educational goals	Content
<ul style="list-style-type: none"> Understand the difference and dynamics behind the different situations from a security and programme perspective. 	<ul style="list-style-type: none"> Definition Impact on national staff and the programme How to prepare and implement

SAFETY IN PREMISES

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

WEAPONS IN THE FIELD

Educational goals	Content
<ul style="list-style-type: none"> Know the different types of weapons and learn the effects to avoid accidents and know how to react to protect yourself. 	<ul style="list-style-type: none"> Basic knowledge of the main types of weapons encountered in the area of operation. Basic safety principles Conduct and reaction to a firearm or a situation where weapons are used (<i>e.g. ambush, crossfire, shooting at a building</i>)

KIDNAPPING

Educational goals	Content
<ul style="list-style-type: none"> Raising awareness of the risks of abduction and the measures to be taken to "survive". 	<ul style="list-style-type: none"> The difference between detention, kidnapping, abduction, and a hostage situation, the underlying dynamics The importance of survival Basic mitigation measures to avoid becoming a victim of kidnapping The different phases of kidnapping

MINES, UXO AND IED

Educational goals	Content
<ul style="list-style-type: none"> Know the different types of weapons and learn the effects to avoid accidents and know how to react to protect yourself. 	<ul style="list-style-type: none"> Basic knowledge of mines, UXO, IED Basic safety principles Collect information about this type of weapon Conduct and reaction when facing a weapon, UXO, IED

STRESS MANAGEMENT

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

SEXUAL VIOLENCES

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

ROBBERY

Educational goals	Content
<ul style="list-style-type: none"> Learn how to react correctly in case of theft and good practices to disarm throughout the event. 	<ul style="list-style-type: none"> Reaction to a robbery Survival mechanism - fight-flight-freeze Individual reaction and collective consequence

FIRST AID

Educational goals	Content
<ul style="list-style-type: none"> Training to provide emergency care in isolated and/or hostile environments. 	<ul style="list-style-type: none"> First Aid Protocol (Protect Examine Alert Rescue), moving a victim (<i>in case of immediate danger</i>), the first aid kit and the trauma kit Management of upper and/or lower limb bleeding (direct compression, pressure dressing (homeostatic or not) and tourniquet), management of abdominal and thorax bleeding (wound packing) Do a full check (MARCHE) before taking over Extraction, transport and evacuation of a victim Recovery position and CPR (Cardiopulmonary Resuscitation) with and without a defibrillator on a mannequin Possible reactions and trauma after an explosion (<i>pneumothorax, ear bleeding, temporary or permanent deafness</i>), treatment of gunshot wounds Trauma management and in particular on a traffic accident victim (<i>space constraints in a vehicle to perform first aid</i>) and how to evacuate a victim from a vehicle in case of immediate danger

OTHER SOLUTIONS



- Immobilisation, stabilisation before evacuation
- Management of secondary cases (when the vital prognosis is not engaged) such as burns...
- Drill of the different techniques and verification of knowledge

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

HIGHFIELD



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

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/>

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/>

