



THREAT ASSESSMENT & SITUATIONAL AWARENESS

Introduction

Situational awareness means keeping your eyes and ears open to what is happening around you and recognizing potential threats to your safety. It is the foundation of personal security.

Well-honed awareness lets you notice early warning signs (unusual behavior, abnormal objects, or changing conditions) and react quickly to avoid danger.

Threat assessment builds on this by analyzing the local environment (crime levels, recent incidents, crowd mood, etc.) to evaluate risk.

By understanding the context, you are operating in – for example, knowing if a neighborhood has increased crime or political unrest – you can make smarter choices about routes, timing, and actions to keep yourself safe.

Understanding the Local Context

Before going to a new area or event, gather information about its security situation.

Start with official sources: check government travel advisories (e.g. U.S. State Department or your country's foreign office) for warnings about your destination.

These advisories highlight current threats like crime, terrorism, protests, or health crises. Also monitor local media and news sites (or social media feeds of local police and news outlets) for recent incidents or unrest.

Look for patterns: for example, are there reports of muggings at night in a particular district, or demonstrations planned? Take note of local customs and norms (how people dress, greet, or behave) so you do not stand out.

Develop a simple "picture" of the area's safety: its safe zones (police stations, hospitals), high-risk spots (dark alleys, deserted areas), and usual crowd patterns.

- Check official sources. Read travel advisories and embassy security alerts for your destination. Enroll in programs like the U.S. STEP program if available, and let someone at home know your plans. See also local crime statistics or safety apps for up-to-date info.
- Monitor local news and cues. Follow local news outlets or official social media for reports of crime or unrest. Pay attention to public announcements and changing security measures (e.g. increased police presence or checkpoints).
- Know cultural context. Learn a few key words in the local language (help, danger, stop), and respect local customs. Blending in reduces risk. For example, adopt a neutral style of dress and avoid announcing your identity or financial status in public.
- Plan communications . Establish a contact plan (who to call if you are delayed or in trouble) and carry essential phone numbers (local emergency services, embassy, colleagues). Make sure your phone works or that you have alternate ways to communicate, such as a local SIM card.

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Personal Alertness Levels

People often describe alertness in levels. At the lowest level (“white”) you are unprepared and unaware (for example, distracted by your phone).

A good target is “yellow” – relaxed but observant. You are calmly aware of your surroundings, scanning for anything unusual.

Higher levels (“orange” or “red”) mean you have identified a possible threat and are actively preparing to respond. Importantly, avoid complacency – even in familiar environments stay mindful.

Vary routines if possible, so an observer cannot predict your movements. When you arrive somewhere, pause to mentally note the exits and people around you. Adopt an open posture and confident demeanor, as this can deter opportunists.

Good alertness also means removing distractions. Keep your head up, keep phone use to a minimum, and listen to ambient noise.

Use all your senses: notice not only sights but also sounds (raised voices, alarms) and smells (e.g. gas leaks, smoke). If something feels off, act on instinct: if a place or situation “does not feel right,” leave and go somewhere safe.

Trust your gut feelings. Security experts note that even when you can’t articulate why, a sense that “this isn’t normal” (sometimes called “just doesn’t look right” or JDLR) is often a warning that something is wrong.

- Stay alert, not tense. Maintain a relaxed awareness. Avoid listening to loud music or looking down at your phone for long periods.
- Vary your routine. Change routes or schedules to be less predictable.
- Project confidence. Walk and act as if you know where you’re going – timid body language invites trouble.
- Quickly exit if needed. Always note nearby exits or safe areas when you arrive (e.g. in a mall, train station or parking garage). In an emergency, this gives you more options.



Spotting Surveillance and Suspicious Behavior

One crucial skill is noticing if you are being watched or followed. “Hostile surveillance” means someone is observing you to plan an attack, theft, or other wrongdoing.

Indicators of surveillance include seeing the same person or vehicle in different locations (for example, if a stranger you first noticed on your street appears later at a café).

Experienced operatives may disguise themselves (change clothes or route), but it’s hard to hide all clues. Watch for people who don’t belong: loitering near your home or office, walking or driving in an odd pattern, or using poor “cover” for why they are there.

For instance, a person in business attire constantly turning to look at passersby in a park might stand out.

Also be alert to covert photography or note-taking: someone snapping pictures of security cameras, building layouts, or noting IDs and badges is suspicious.

Surveillance often involves subtle signals, so watch for nervous behavior: hiding eyes when you look their way, or reacting oddly (ducking into a store as you arrive).

If you sense someone is following you, trust that feeling. Techniques like switching direction or taking a sudden break (for example, entering a busy shop) can confirm if they mirror your moves.

If you are sure, do not confront them alone – go to a populated public place, call for help or notify authorities. Remember, it only costs a little time and effort to double-check something suspicious, but avoiding a real problem is much safer.

Key warning signs of suspicious activity include:

- A person showing unusual or prolonged interest in private or restricted areas (“Shoulder surfing” or loitering).
 - Someone taking covert photos or videos of security features or sensitive facilities.
 - Attempts to gather information (asking for sensitive details, impersonating officials, or probing security).
 - Repeated appearances (person or car) near you or your routines; note details like clothing, vehicle scratch marks, or gait, which do not change easily.
 - Trustworthy gut feeling: if a situation or person “just seems wrong,” treat it as a warning.
- Lpmv 4374 4eva Young joined using a group link.



Conducting Quick Risk Assessments

At any time, practice a mental risk check of your surroundings. Ask: “Does this area or situation feel safe right now?” Look at factors like lighting (dark areas are riskier), visibility (can bystanders or cameras see me?), escape routes, and security presence (guards or police).

For example, at a large event notice where exits, roadblocks or barriers are. In a parking garage, prefer spots near entrances. If the environment is tense (e.g. protesters gathering, aggressive individuals nearby, or a known high-crime block), raise your alertness or leave.

A simple method is to observe and orient: stop for a moment to scan the scene when you enter a new place. Identify at least two ways out, and note any “choke points” (areas where people must pass slowly or single-file).

Check whether anyone seems unusually interested in your activities or if unusual objects (bags, packages) are unattended. Consider the crowd: is the mood calm or anxious? Are people fighting or being pulled by security? If anything feels off, decide to avoid that area or take a safer route.

- Exit planning: Always know where the nearest exits or safe zones are. Make this a habit when entering buildings or crowds.
- Evaluate visibility: Stay in well-lit, open areas when possible. Darkness and blind spots reduce your options for escape and let others approach unseen.
- Use the “What-if” game: Think ahead briefly about scenarios: _“What if there’s an emergency here? Can I get out quickly?”_ Practice identifying actions (move to sidewalk, enter a shop, call security).
- Monitor communications: Keep your phone charged and on, and quietly note if it loses signal. A sudden loss of cell service might indicate a remote location or intentional jamming.

If your quick risk assessment shows higher danger (e.g. you are in a poorly lit, empty street with no way out), _take it seriously._ Change your plans: find another route, call your contact to check in, or delay your travel until the situation looks safer.

As the NPSA advises, “know when to decide it is time to leave to a place of safety”.



Taking Precautions and Altering Plans

If you judge that a situation has elevated risk, take precautions before proceeding. For example, if you must traverse a sketchy neighborhood, do so in a group rather than alone. Let someone know your revised plan or location.

When going out at night, stick to busy well-traveled routes; avoid short-cuts through alleyways. If night travel cannot be avoided, use licensed taxis or ride-shares (avoid unmarked vehicles).

Carry minimal valuables: keep only needed cash and cards, ideally in front pockets or inside clothing.

Follow standard safety habits: keep your phone and keys separate, carry a small first-aid kit or personal alarm, and maintain a communication check-in routine.

In extreme cases (civil unrest, natural disaster, etc.), have a “go-bag” or plan for shelter-in-place. Know emergency numbers (police, ambulance) and be prepared to dial local emergency services immediately if something happens.

- Travel with others or inform someone. Whenever possible, go with a companion, especially at night. If alone, tell a trusted person your itinerary and update them if plans change.

- Stay together and communicate. In a group, do not scatter. Designate a meeting point in case you get separated. Keep in touch via phone or a predetermined signal.
- Profile management: Keep a low profile. Do not flash cash, jewelry, or expensive gadgets. Blend into the environment as much as possible.
- Follow instructions: If local authorities or security personnel give directions (e.g. to evacuate), comply immediately. Do not argue or resist – personal safety is paramount.

Finally, never underestimate the advice to avoid unnecessary risks. The FBI reminds travelers to _“avoid traveling alone, especially after dark”_ and to always remain conscious of surroundings.

In any case of real danger (you feel threatened, someone is following you, you witness a crime), remove yourself from the situation and call for help.



TRAVEL AND MOVEMENT PLANNING

Travel and movement planning is essential for keeping travelers safe on the road. This module covers how to choose safe routes, arrange secure transportation, use communication tools, and create emergency plans.

The company's duty of care requires us to identify risks (health, security, or disruptions) before any trip and take steps to mitigate them.

For example, companies now conduct thorough risk assessments on local safety and provide emergency contacts and insurance.

Effective planning means preparing people for unexpected events and knowing who to contact if something goes wrong.

Route Planning

Careful route planning is the first step in safe travel. Start by studying maps and gathering local intelligence. Create a detailed map of the area with all intended routes and any boundaries or checkpoints.

Research traffic patterns, weather forecasts, and areas to avoid (crime hotspots, political unrest, etc.). Use reliable sources (e.g. government travel advisories or security reports) to learn about local threats.

Plan for multiple routes: avoid predictability by not always taking the same path or schedule. Always have at least one alternative route in mind if the main road is blocked.

Intelligence analysts recommend noting social context (demographics, local authorities, etc.) and circumstances (weather, events) when planning.

- Identify key waypoints: mark hospitals, police stations, fuel stops, and communication dead zones on the map.
- Set travel timing carefully: avoid rush hours or night travel in unfamiliar areas.

- Vary travel patterns: frequently change routes and times to stay unpredictable.
 - Use technology: rely on GPS or mapping apps for real-time traffic updates, but verify data against local sources.
- Korede Olafimihan Mtn: Kindly click on the link below to watch this video.

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Secure Transportation and Vehicle Checks

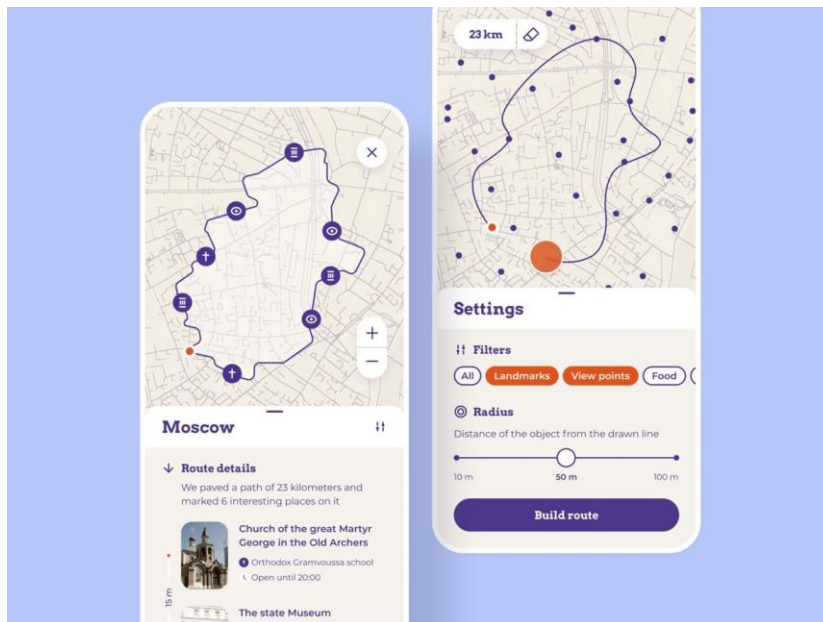
Arranging safe transportation means both the vehicle and driver must be secure. Use only vetted drivers who are trained in defensive driving and local road rules.

In high-risk areas, specialized drivers learn evasive maneuvers and situational awareness. Always inspect the vehicle before departure (pre-trip inspection): check tires, brakes, lights, fluid levels, fuel, and spare tires.

Ensure emergency kits are on board (first aid, jumper cables, tire repair, etc.). Follow these safe-driving practices: keep within speed limits, buckle seat belts, avoid distractions, never drive fatigued, and obey local traffic laws.

- Secure vehicle choice: For normal travel, a reliable rental or company car is fine. In dangerous regions, use reinforced or armored vehicles. Low-profile vehicles may be safer in some areas to blend in.

- _Driver protocols:_ Ensure drivers have valid licenses and local experience. Provide defensive driving training (e.g. how to respond to ambush or roadblocks). Require daily vehicle inspections by the driver to spot any safety issues.
- _Secure travel:_ Avoid public transport or ride-sharing in unstable environments. When traveling with teams, consider convoys or armed escorts in extreme cases.



Communication and Tracking

Staying in touch during travel is critical. Equip travelers and drivers with multiple communication devices (mobile phones, radios, satellite phones) so they can call for help if needed.

Before departure, test all devices: check battery life, signal, and spare batteries or chargers. In areas with spotty cell coverage, have a satellite phone or radio as a backup.

- _Movement logs and tracking:_ Use travel logs or movement control systems to monitor progress. For example, record departure and arrival times and set automatic alerts if someone is late.

Digital GPS trackers or journey-logging apps can provide live location updates. These tools enhance safety, but must be managed with clear protocols (who monitors them and what to do if a traveler goes off course).

- Regular check-ins: Establish check-in times (e.g. “Call me at noon every day”). If someone misses a check-in, trigger the contingency plan immediately. Keep an updated list of emergency contacts (local police, embassy, company security) and share it with all travelers.
- Emergency signals: Agree on simple radio/phone signals or phrases for trouble (for example, code words). This way, travelers can communicate issues without alerting bystanders.



Contingency Planning

Contingency plans prepare for things that might go wrong. Always identify alternative routes in case of road closures or attacks.

For each journey segment, choose at least one backup path that avoids the same areas. Also pick emergency assembly points safe, well-known locations (like a hospital or police station) where the group can regroup if separated.

- Emergency meeting points: Designate specific rendezvous spots along the route. These should be secure and easy to find for example, a well-lit hospital, a police station or another public building. Share GPS coordinates if possible.

- Incident protocols: For scenarios like vehicle breakdowns, roadblocks or ambushes, have clear procedures. This includes turning around safely, contacting backup support, or following escort protocol. For example, if ambushed, drivers should be trained to execute an immediate turn and evacuate. If separated from others, travelers should proceed to the nearest meeting point and wait.
- Local coordination: Use local sources to improve contingency. Contact police or community leaders for updates on road conditions or threats. Local contacts can also assist in emergencies or suggest safe detours. In unstable regions, traveling in convoy or with security escort is advisable.
- Communication backup: Ensure multiple ways to call for help. Besides radio and cell phones, note the locations of any satellite communications points or emergency call boxes en route.

By practicing these plans (e.g. running a “what if” drill on paper), travelers become familiar with alternate paths and meeting spots. Companies may even simulate emergencies to test how well the plan works.



Company Travel Protocols and Duty of Care

Following company travel protocols is mandatory. This includes getting management approval for the trip, submitting an itinerary, and registering travel if required (e.g. with a university or government travel registry). The travel plan should be reviewed by a supervisor or security officer before departure.

- Risk assessment and briefing: Complete a travel risk assessment covering security and health issues. Brief travelers on identified risks, such as areas to avoid and local customs. Ensure they know emergency procedures, including how to reach local emergency services or the nearest embassy.
- Pre-departure checks: Confirm passports, visas, vaccinations and travel insurance are in order. If using rental cars, check insurance requirements (different countries have different rules).

- Documentation: Travelers should carry copies of important documents (passports, insurance) separately from originals. They should also have contact cards with company security or duty officer numbers.
- Check-in compliance: Establish a mandatory check-in schedule. Many organizations require travelers to call in at set intervals. Missing a check-in must trigger an escalation (contact local authorities or a rapid response team).
- Emergency preparation: Make sure all travelers know basic emergency skills – for example, using first aid kits, radio operation, and recognizing evacuation routes. Provide them with emergency kits that include basic medical supplies, water, and flashlights.

Companies have a legal and moral duty to take care of employees on the move. A good travel safety policy not only prevents incidents, but also boosts employee confidence.

It should clearly outline responsibilities: travelers must follow safety instructions and report changes, while managers must provide support and resources (such as 24/7 helplines or security assistance).

By adhering to these protocols, the organization ensures a consistent, thorough approach to travel safety. For example, some firms register all international trips with a security service (like International SOS) so travelers receive real-time alerts and 24/7 assistance.



PERSONAL SECURITY & CONFLICT MANAGEMENT

Overview: This module trains individuals to protect themselves and defuse hostile encounters. It begins by cultivating situational awareness: constantly scanning one's environment for potential threats or triggers.

Trainees learn the concept of the reactionary gap, a safe physical and mental buffer between you and any potential aggressor. Maintaining this gap gives extra time to detect danger and respond before an attack reaches you.

For example, CVPSP notes that keeping an unthreatened distance (often 4–6 feet for unarmed threats) can deter sudden attacks and prevent ambushes. Students also learn to position themselves near exits, use cover (walls, furniture), and remain aware of entrances and choke points.

In all cases, the goal is to control distance: remain alert, back up if someone becomes agitated, and never let an aggressor close in unexpectedly.

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<https://youtu.be/4yDjlwT0Taw>



Defensive Behaviors and Body Language

Training emphasizes how nonverbal behavior can either escalate or calm a situation. Practitioners adopt a relaxed, non-threatening posture: stand at an angle rather than directly square, keep arms open (uncrossed), and maintain hands visible at chest level.

The work of Pollack and colleagues recommends staying about 5–6 feet away from a person in crisis to avoid making them feel cornered. Maintaining “soft” eye contact (a gentle gaze without staring) and adopting open palms also convey empathy.

Trainees practice controlling facial expressions (no furrowed brow or clenched jaw) and using calm, steady movements. In short, every gesture should signal calm readiness, not aggression.

As one security training guide notes, nodding slowly and remaining still helps the upset person feel heard, whereas abrupt motions or invading personal space can stoke their anger.

Students also learn defensive stances and “cover” techniques if a threat becomes physical. For example, keeping a slight buffer of physical objects (chairs, vehicles) between oneself and an aggressor creates a barrier.

If an altercation is imminent, simply raising hands in a guard position (hands up at chest level) signals non-hostility but readiness to block or push away if necessary.

Importantly, trainees are taught that any physical defense is a last resort: the emphasis remains on preventing conflict before it becomes violent.

This means staying on one’s feet, avoiding aggressive posturing (like leaning or glaring), and focusing on safety and escape routes above all.



Verbal De-Escalation Techniques

Verbal skills are central in defusing tension. Trainees learn to keep their own emotions in check first. Instructors stress “taking a deep breath” and lowering one’s voice to a calm, steady tone.

Matching an aggressor’s raised voice with anger can escalate things, so instead one must speak softly and respectfully, choosing short, simple sentences.

For instance, instead of complicating statements, use clear language like “I know this is frustrating, and I want to help find a solution”. This kind of soothing tone often has a powerful calming effect and encourages the other person to relax.

Active listening is another cornerstone. Trainees are taught to let the upset person vent without interruption, showing engagement by nodding or saying phrases like “I see” or “I understand”.

They practice reflecting the person's words: e.g. if someone angrily complains about a long wait, the trainee might say "I understand waiting is really frustrating". This acknowledgment does not necessarily agree with any demand, but it validates the person's feelings.

Research shows that when people feel heard and understood, their hostility often diminishes. In concrete terms, using "I" statements (such as "I feel concerned when..." instead of "You are...") helps take the blame off the other person.

As one counseling guide explains, shifting language to focus on your feelings rather than accusing the other prevents defensiveness and opens communication. For example, saying "I feel worried when this happens" sounds less confrontational than "You are making me...".

Another taught strategy is to use collaborative language and questions. Instructors encourage trainees to involve the agitated person in problem-solving: instead of giving orders, ask open-ended questions like "What would help you right now?" or "How can we fix this?".

Posing choices or solutions ("Do you want to take a break or talk it through?") can give the person a sense of control, which often defuses anger.

The community conflict-resolution literature emphasizes this approach: successful negotiation seeks a solution acceptable to both sides and often follows steps like understanding each party's needs, communicating clearly, brainstorming solutions, and managing pressure tactics.

In practice, trainees might role-play listening to complaints, paraphrasing them, and then calmly saying "Let's work together on this."

Throughout, tone and demeanor remain respectful. Even if someone is ranting, instructors stress not to interrupt or contradict aggressively. Crossed arms or pointing fingers (which feel aggressive) are avoided.

Instead, one should keep an inviting stance and occasionally offer sympathetic comments (“I get that you’re upset”). Security trainers note that maintaining a calm gaze and moderate pacing (“I see, tell me more”) signals concern rather than confrontation.



Conflict Management and Negotiation

When de-escalation and basic verbal tactics are applied, most tense situations can be stabilized. Students also learn broader conflict management principles to use if someone remains aggressive.

The module covers negotiation basics: recognizing the underlying problem or unmet need that’s driving the person’s anger and steering the conversation toward resolution.

For example, understanding why someone is upset (fear, injustice, misunderstanding) allows the responder to address that issue.

Training may draw on conflict-resolution frameworks (like the Community Tool Box guidelines) which highlight steps such as defining both parties' interests, communicating openly, exploring win-win options, and coping with stressors in the negotiation.

Practical tactics include always treating the other person with dignity (never mocking or threatening them) and respecting cultural or personal cues.

Active listening and empathy carry over here too: a trainer might model saying "You seem really stressed about X; let's talk about how to improve the situation" to refocus on a solution.

If the encounter involves complex stakes (a hostage scenario or a public disturbance), the principles are similar: keep communication lines open, remain patient, and involve higher authorities when needed.

For instance, CISA's guidance notes that after initial intervention, one should report any serious threat (e.g. call 9-1-1 or notify a security team) once immediate danger is managed.

In other words, personal de-escalation should transition to professional help if the aggressor's behavior indicates real risk.

Throughout this negotiation process, pressure management is key. Trainees practice stress-coping techniques (breathing, mental focusing) so they don't panic if the person raises their voice or uses provocations.

Instructors emphasize that an uncooperative individual will not always calm down, and that is acceptable: the goal is to _not make the situation worse._

As one police training article observes, officers know that if a person "forces the issue," they must still respond in an "objectively reasonable manner," but, if possible, they should avoid unnecessary force and aim to "talk someone down" as a last resort.

Essentially, trainees are taught to hold the conversational high ground: stay calm, humanize the interaction, and offer escape routes (e.g. “Let’s move to a quieter place where we can talk”).



Training Practice and Drills

This module is highly interactive. Students regularly role-play scenarios to build confidence. In these exercises, one person acts aggressive (shouting about a conflict) while the trainee practices the steps above: e.g. stepping back, observing body language, speaking calmly, listening, and offering solutions.

Trainers simulate high-pressure conditions (time limits, multiple distractions) to teach coping under stress. Reflection follows each drill: participants discuss what worked and how they felt.

The curriculum also includes drills on “defensive distancing” (keeping the right gap, even if asked to step closer) and “verbal judo” (redirecting insults into negotiation).

Repeated practice ensures these skills become automatic. For instance, trainees rehearse breathing and centering themselves after a surprise aggressive outburst, so that even in real danger they can recall to pause and respond mindfully.

Training also covers teamwork: security personnel learn to back each other up (maintain eye contact, cover angles) and communicate descriptions of threats to colleagues.

As one training guide notes, routine drills and professional development keep skills “fresh and relevant,” enabling personnel to stay composed and react quickly in crises.

Over time, responders cultivate a mindset of vigilance balanced with empathy: they look for warning signs continually, yet enter tense situations with the intention to listen and defuse whenever safely possible.



CRISIS RESPONSE (KIDNAP, ASSAULT & EVACUATION)

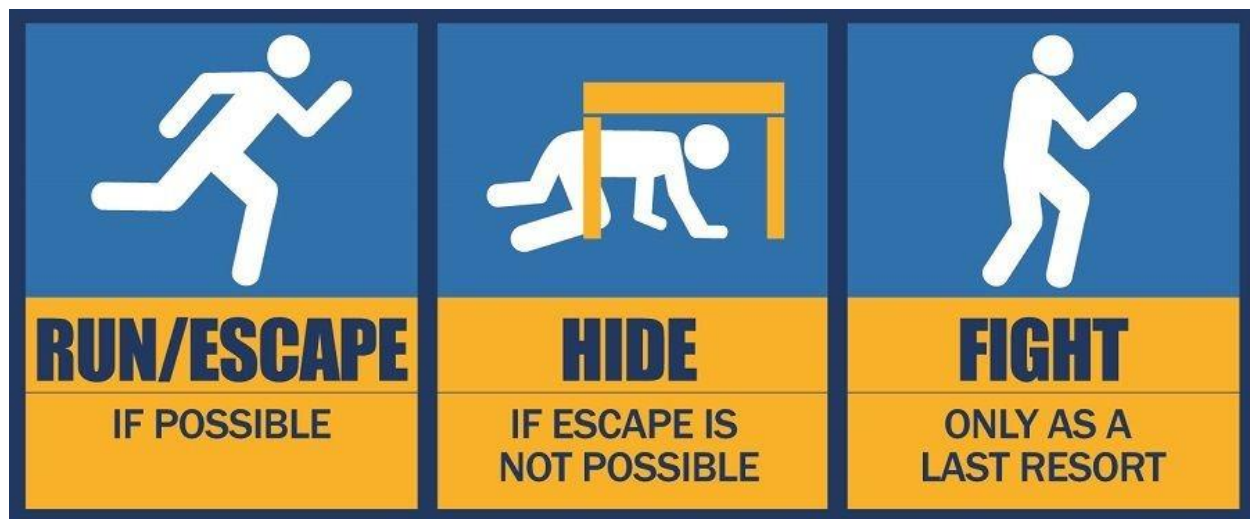
High-stress emergencies demand clear instincts and practiced responses. This module covers active attacks, ambushes, kidnapping/hostage situations, crowd violence, and evacuation procedures with crisis communication.

Participants will learn the “Run, Hide, Fight” method for sudden attacks, anti-ambush best practices, survival strategies if captured, and how to conduct evacuation drills and emergency communications.

The goal is to build confidence and muscle memory so that, in a crisis, participants act quickly and correctly.

- Korede Olafimihan Mtn: Kindly click on the link below to watch this video.

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Active Attack Response (Run, Hide, Fight)

When confronted with an active assailant (e.g. an active shooter or armed attacker), trained civilians should follow the three-step priority: Run, Hide, Fight. These steps are always presented in order of preference:

- **Run:** Quickly and safely evacuate if an escape path exists. Leave belongings behind, keep hands visible, and do not hesitate – seconds can save lives. Always be aware of alternate exits, windows, or doors. Once in a safe location, call 9-1-1 immediately with details of the attacker, your location, and any weapons observed.
- **Hide:** If escape is not possible, find strong cover. Lock and barricade the door, turn off lights, silence cell phones, and remain completely silent. Choose hiding spots out of the attacker's view (behind heavy furniture or concrete walls). Do not peek or make noise. Keep hidden until law enforcement or help arrives, and remain calm.

- **Fight:** Fight only as a last resort and only if your life is in imminent danger. Use any available objects (fire extinguishers, chairs, books) as improvised weapons. Be aggressive and fully commit – a surprise coordinated counterattack can subdue an assailant.

For example, the FBI notes that working in teams and using the element of surprise can help incapacitate an attacker. Remember, you are fighting for survival: neutralize the threat by any means if you must fight.

Participants will practice these steps in scenario drills. For instance, the FBI's civilian ASAPP program uses exercises to reinforce the decision-making behind Run-Hide-Fight. Training also covers how to assist injured persons after reaching safety.

Once safe, participants should render first aid to the wounded (following basic first-aid training) and relay information to arriving responders. By drilling these steps, learners internalize quick responses that could save lives.



Anti-Ambush Tactics

Ambushes rely on surprise. To reduce ambush risk, security best practices emphasize situational awareness and unpredictability. Travelers should plan secure routes, avoid isolated shortcuts, and vary routines (time and path) whenever possible.

Avoid predictable habits (same drop-offs, routes, or parking spots), and always scan surroundings for signs of trouble.

When traveling by car, maintain safe following distances and be ready to accelerate or reverse if a threat appears. If on foot, stay near exits or open spaces and avoid tight, enclosed areas where you could be cornered.

If an ambush occurs, immediate action is key. Seek cover behind solid obstacles (concrete barriers, vehicles) and get moving away from the threat. Call 9-1-1 as soon as it is safe to do so, giving your location and describing any attackers or vehicles.

If ambushed in a vehicle, drivers should attempt evasive driving (sudden braking, steering away from road edges) to spoil the ambush.

Remember the FBI guidance for desperate self-defense: using teamwork and surprise (for example, flagging down others or attacking together) can disable an assailant.

However, always prioritize escaping and hiding over confronting attackers. Any fight-back should be swift, brutal, and coordinated if it must happen.



Kidnapping and Hostage Survival

In a kidnapping or hostage scenario, the immediate goal is survival. Prevention is best: those at risk (travelers, executives, diplomats) should vary daily routines and stay vigilant for unusual vehicles or people nearby. But if an abduction occurs, training focuses on what the captive can control.

- **Stay Calm and Observe:** The first 45 seconds after capture are critical. Try to control panic. Quickly take mental notes of the scene: count how many captors, note their voices or accents, and observe any distinctive smells or sounds in the vehicle.

Memorize landmarks or road textures to estimate direction and speed. Every detail (license plates, language spoken, vehicle type) can aid rescuer tracking.

- **Initial Escape Consideration:** Decide immediately if escape is possible without risking death. The guide emphasizes that resisting an abductor may be considered only if there is a clear escape route or if the attacker can be overpowered quickly.

For example, if a gunman chases you but is running downhill, detouring may give a chance to flee. Otherwise, do not resist in a closed area or without advantage.

- **During Transport:** Stay as quiet and compliant as possible. Fighting back on route is usually futile and dangerous. Instead, focus on absorbing information (location cues, duration) and conserving energy.
- **If Captured:** Once confined, your main tasks are to survive mentally and physically. Follow captors' instructions and rules unless they threaten your life.

The 1993 FBI-backed guide advises "following the kidnappers' instructions and doing nothing to violate [their] efforts" to maintain control. Avoid provoking violence.

Maintain as much personal routine as possible: mark the passage of time by creating makeshift calendars or clocks, rearrange small belongings, and designate areas (even in poor conditions) for sanitation. These small acts restore a sense of control.

- **Maintain Composure:** Fear and despair undermine survival. The hostage survival guide warns that "fear and despair quickly reduce the ability to resist".

Captives should strive to remain calm, including controlling panic reactions (shaking, hyperventilating) through deep breathing or tensing muscles. Keep non-verbal cues neutral and avoid eye contact that could challenge captors.

- **Humanize Yourself:** Whenever safe, subtly show that you are an ordinary person with a life (e.g. mention everyday details like work or family, without revealing sensitive info).

This counters the dehumanization captors impose and may make them more reluctant to harm you. (This "stay human" strategy is emphasized by survival experts.)

- Psychological Traps: Be aware of Stockholm-like bonds; don't begin to identify with captors' goals. Hold on to your identity and values.

Keep personal goals alive (plan to reunite with family on a specific date, for example). Evidence shows hostages who set a goal or date to survive (like a family birthday) strengthen their will to live.

- Look for Escape Opportunities: Guards often grow lax over time. The guide notes that successful escapes often happen when captors become complacent.

Remain observant for moments when captor routines are predictable or tools are accessible. However, attempt escape only when the chance is very high, as failed attempts trigger extreme retaliation.

In summary, training emphasizes _observation, compliance, and mental control._ Participants will role-play scenarios: simulating brief capture and practicing how to stay calm, gather intel, and respond.

By learning these tactics, victims become sources of information (recalling captors, routes, etc.) and increase their own odds of surviving until rescue.



Crowd Violence Safety

In crowd violence (riots, stampedes, etc.), personal safety means leaving the area if possible. Avoid confrontation and move away from agitated groups. If escape is blocked, find refuge behind solid objects (vehicles, walls) and stay calm.

Do not engage or argue. Follow instructions from security or police. If indoors during crowd unrest, lock doors, hide low, and stay quiet. Being passive and blending in reduces risk.

The key is awareness and distance: always have an exit plan in public gatherings, and if violence erupts, do not hesitate to run to safety using the closest exit.



Evacuation Drills and Crisis Communication

Training: Regular drills ensure everyone knows what to do under stress. OSHA recommends practicing evacuation drills often, including full walkthroughs with emergency responders when possible.

After each drill, review what went well and what needs improvement. Assign evacuation wardens who know alternative escape routes and help others (especially those with disabilities) to safety.

Roles and Plans: Every organization should have an emergency action plan. Train all staff on their roles: who will call authorities, who leads evacuation routes, who administers first aid, etc.

Cover key topics: types of emergencies, alarm systems, primary and backup communication methods, and how to contact family if needed. For example, workers should know the internal alert tone, the public address announcements, and how to reach supervisors or an emergency response team.

Communication Protocols: In a crisis, clear messaging saves lives. FEMA stresses that emergency alerts must be clear, consistent, and trustworthy. Messages may include evacuation orders, shelter-in-place instructions, or updates on the situation.

They should use simple language and be repeated across multiple channels (PA systems, text alerts, email, social media) to reach everyone. A believable spokesperson (e.g. a leader or trained official) should deliver updates to avoid confusion.

Evacuation Orders: If an evacuation is ordered, announcements should specify where to go and what to take. Keep instructions direct: for instance, “Immediate evacuation for Building A – exit via stairwell 3 to parking lot.

Leave belongings and lock windows.” Practice these announcements in drills. Coordinate with local emergency services so responders reinforce and amplify your messages.

Post-evacuation accounting: After an evacuation, gather at pre-designated assembly points. Use a buddy system so everyone is accounted for. Communication with leadership continues even after exit; officials should mark who is missing and relay that to first responders.



EMERGENCY FIRST AID AND RESILIENCE

This module emphasizes the dual role of physical and psychological first response in emergencies, especially in remote or resource-poor settings.

In austere conditions (far from hospitals), first responders must improvise to save lives. We focus on basic and trauma first aid for injuries (wound care, bleeding control, shock prevention) as well as mental health first aid and resilience-building after a crisis.

By the end, participants will feel prepared to act calmly and effectively when professional help is delayed.

Medical First Response and Basic First Aid

In any emergency, first ensure scene safety and obtain consent if possible. Wear gloves or use improvised protection (plastic bags, cloth) when treating bleeding injuries.

Use the DRABC approach: check D anger, R esponse, A irway, B reathing, C irculation. Call for help (or signal others) immediately if injuries are severe. Even with limited supplies, prioritize life-threatening conditions.

Remember the mantra: _Bleeding, Breathing, Shock._ Treat them in order of threat. Improvise with available items (e.g. clothing for bandages, sticks for splints) but follow standard first-aid principles. Successful remote first aid relies on quick thinking, basic techniques, and staying calm.

- Korede Olafimihan Mtn: Kindly click on the link below to watch this video.

<https://youtu.be/JNkF-tCtV2U>



Bleeding Control (Hemorrhage Control)

External bleeding can rapidly become life-threatening. The first priority is to stop the bleeding. Focus on the largest or fastest bleeding wound first. If bleeding is severe, act quickly:

- Illustration of a tourniquet applied to a limb. Life-threatening limb hemorrhage demands rapid control. Begin by applying direct pressure to the wound with a sterile or clean cloth or gauze. Press firmly with the palm of your hand or fist until bleeding slows. Do not remove embedded objects; instead, bandage around them.
- Direct Pressure: Place a clean dressing over the wound and press firmly and continuously. After 3–5 minutes, if bleeding has not stopped, add more cloth on top and keep pressing.
- Tourniquet: If heavy bleeding continues on an arm or leg and the situation is life-threatening, apply a tourniquet 2–3 inches above the wound (away from the body trunk). Tighten it until the bleeding stops completely. Commercial tourniquets (or purpose-built ones) are ideal; improvised ones (e.g. belts) are less effective and should be a last resort. Note the time of application and tell rescuers.

- **Wound Packing:** For bleeding from areas like the groin, armpit, or scalp (where a tourniquet can't fit), pack the wound tightly with gauze or clean cloth. Press on the packed material.
- **Continue Care:** After bleeding is under control, secure the dressing with bandages and elevate the injured limb above heart level if possible. Keep the person still.

Cover them with a blanket to prevent heat loss (a sign of shock). Reassure the injured person in a calm voice. Monitor closely: watch for re-bleeding or signs of shock (pale, cold skin; rapid pulse).

Key Point: "The most important thing when faced with life-threatening bleeding is to get pressure on the bleeding right away. If it's on the arms or legs and it's life-threatening, use the tourniquet if one is available." – American Red Cross expert.



Shock: Recognition and Management

Shock is a life-threatening condition where blood flow is insufficient to organs. It can follow severe bleeding or injury.

Signs include rapid, weak pulse; cool, clammy skin; confusion; and excessive thirst. If someone shows shock symptoms, act immediately:

1. Position the Person: Unless a spinal injury is suspected, lay the person flat on their back. If no head injury, elevate their legs about 12 inches (to improve blood flow to vital organs). Keep their head in a neutral position.

2. Maintain Warmth: Cover them with a blanket or extra clothing to prevent hypothermia. If they seem overheated, remove extra layers.

3. Airway and Breathing: Ensure their airway is open and they are breathing. Provide CPR if necessary.

4. Do Not Give Food/Drink: Even if the person is thirsty, do not give anything to eat or drink, as this could cause vomiting.

5. Control Bleeding or Treat Injuries: Continue to control any bleeding as above, since loss of blood may have caused the shock.

6. Reassure and Monitor: Keep the person calm and still. Stay by their side until emergency help arrives. Check responsiveness, breathing, and pulse every few minutes.

7. Call for Help: Shock is a medical emergency. Arrange evacuation or call emergency services as soon as possible.



Wound Care and Infection Prevention

After bleeding is controlled, focus on wound care:

- **Expose and Examine:** Remove clothing around the wound and any obvious debris. Do not attempt to scrub or probe the wound. Don't remove deeply embedded objects; instead, stabilize them in place with bulky bandages.
- **Clean the Wound:** If clean water or saline is available, gently rinse the wound to remove dirt. In truly austere settings, use bottled water or even boiled water. Avoid touching the wound surface with unwashed hands or cloth.
- **Dress the Wound:** Place sterile gauze or the cleanest cloth available over the injury. Press lightly to absorb blood. Then wrap the area with bandage or tape to hold the dressing in place. Change dressings when they become soaked, stacking new gauze on the old (do not remove the original pad).

- **Prevent Infection:** If you have antiseptic wipes or ointment, apply around (not deep inside) the wound. Ensure tetanus immunization is up to date, if possible. Keep a tetanus booster in mind if dealing with dirty wounds.
- **Monitor and Refer:** Even small wounds can become infected, especially in the field. Look for redness, swelling, or pus in the days following. If evacuation is an option, see a healthcare provider as soon as possible.

Proper wound management in remote areas means using what you have to keep the wound clean, covered, and stable until professional care is reachable.



Psychological First Aid and Resilience

Disasters and injuries cause not only physical harm but also severe psychological stress. Psychological First Aid (PFA) is an evidence-informed approach to support survivors and responders.

PFA is not formal counseling but focuses on basic humane assistance to reduce distress. Key principles include:

- **Safety and Security:** First, ensure the immediate safety of everyone. In a crisis, this might mean moving people out of danger or calming chaotic scenes. As a responder, keep yourself safe too so you can help others.

- **Calm and Comfort:** Approach survivors in a warm, calm manner. Speak softly, introduce yourself, and offer reassurance. Validate that their reactions (fear, anger, grief) are normal under the circumstances. Stay with them and listen.
- **Information and Connection:** Provide simple, honest information about what is happening (e.g. “Help is on the way” or “The situation is now under control”). Encourage survivors to reach out to friends, family or emergency contacts. Help them reconnect with social support. Where possible, assist in reuniting people or contacting loved ones.
- **Practical Support:** Help address immediate needs – for example, provide blankets, water, or whatever resources you have. If someone cannot care for themselves due to injury or shock, gently guide or help them remain comfortable.
- **Encourage Coping Strategies:** Without delving into therapy, encourage healthy coping. Suggest simple actions: taking deep breaths, resting if able, eating something light. Remind them that it’s normal to feel shaken and that the community will work together.
- **Respect Cultural and Personal Beliefs:** Be sensitive to differences in culture or language. Use non-threatening body language. Maintain confidentiality and respect for privacy.

PFA is based on the idea that prompt compassionate support can help people cope and possibly prevent long-term distress. Remember that responders themselves can experience stress. It’s important to create a buddy system, where team members look out for one another’s well-being.



Stress Management and Resilience Techniques

After the immediate crisis, managing stress is crucial. Healthy resilience involves coping in the face of adversity. The American Psychological Association defines resilience as adapting well to stress and trauma. Practical strategies include:

- **Self-Care:** Maintain routines as much as possible. Eat balanced meals, stay hydrated, and get rest. Avoid excessive caffeine, nicotine, alcohol, or other substances that can worsen stress.
- **Sleep and Rest:** Prioritize sleep. In emergencies, sleep may be disrupted, but even short naps or rest breaks help the brain recover. If difficulty sleeping arises, practice relaxation (deep breathing, progressive muscle relaxation) before bed.
- **Limit Stressors:** Reduce exposure to distressing media. Continuous news or social media about the event can increase anxiety. Take breaks from screens, and engage in a calming activity (reading, stretching, walking).
- **Exercise and Movement:** Light exercise (stretching, walking) can relieve tension and improve mood. Even small movements or standing up can help if you've been on high alert for hours.

- **Social Support:** Talk with teammates and peers about what happened. Sharing feelings (safely and confidentially) can lighten emotional burdens. Encourage open communication in your group.
- **Positive Coping:** Focus on the aspects you can control. Set small goals (e.g. inspect gear, debrief a scenario). Try to find one positive routine each day, like having a hot drink or doing breathing exercises.
- **Professional Help if Needed:** Recognize when stress is overwhelming. If feelings of helplessness, guilt, or insomnia persist for days, encourage seeking professional mental health support when available. In many regions, telehealth or emergency hotlines can be resources.

In summary, maintain normalcy where possible and use healthy outlets. SAMHSA notes, “Coping strategies include preparation, self-care and identifying support systems” Building personal resilience now means you will be better prepared to respond again later.



Simulated Exercises and Practical Training

Hands-on practice is vital. Simulation-based training – using realistic scenarios and role-playing – deeply enhances learning.

Studies show that high-fidelity simulation (lifelike mannequins, realistic role-players) improves skill acquisition and retention compared to lectures alone. In a controlled training “austere” environment, participants can:

- Practice applying dressings, bandages and tourniquets under time pressure.
- Role-play patient assessments, distinguishing minor from life-threatening injuries.
- Perform “field triage,” deciding which casualties to treat first.
- Experience communications (radio calls, guiding rescuers to the scene).
- Participate in debriefings after exercises to reinforce lessons.

Repeatable practice without risk to real patients allows responders to make mistakes and learn from them. After each drill, instructors guide a debrief: “What did we do well? What can improve?” This reflection cements skills and builds confidence.

By the end of training, participants should feel ready to handle real remote emergencies calmly and effectively.



THE END

We have come to the end of today's session.

How did you find the lecture?