



PERSONAL SAFETY



AIM

PERSONAL SAFETY COURSE

- The aim of this brief is to help develop your concept of personal safety to help keep you safe whilst living in a overseas in a fragile environment”.

SCOPE

PERSONAL SAFETY COURSE

- Describe personal safety using the acronym S.A.F.E.R
- Summary

OUTCOMES

PERSONAL SAFETY COURSE

- Have a better concept of situational awareness
- You will have a mechanism to help maintain a safer routine
- Implement ways of reducing your profile

PRINCIPLES OF PERSONAL SAFETY

PERSONAL SAFETY COURSE

S.A.F.E.R

S – Situational Awareness

A – Avoid Routine, Anticipate Trouble, Avoid Trouble

F – Follow Procedures

E – Exercise Common Sense

R – Reduce Your Profile

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S.A.F.E.R

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PRINCIPLES OF PERSONAL SAFETY

PERSONAL SAFETY COURSE

S – Situational Awareness:

- Head up and eyes open.
- Cooper Colour Code:
 - White
 - Green
 - Amber
 - Red

Engage the situation or disengage, **FIGHT or FLIGHT!**

We now evaluate and make a decision. (Short time).

Personal Radar switched, paying attention to surroundings 100%

Switched off not paying attention to surroundings

If it doesn't feel right, then it isn't right!

A-A-A

PERSONAL SAFETY COURSE

Avoid Routine
Anticipate Trouble
Avoid Trouble



A-A-A

PERSONAL SAFETY COURSE

Avoid Routine **Anticipate Trouble** Avoid Trouble

- Gathering crowd.
- Negative chatter.
- Movement toward you.
- Raised voices.



A-A-A

PERSONAL SAFETY COURSE

Avoid Routine
Anticipate Trouble
Avoid Trouble



FOLLOW PROCEDURES

PERSONAL SAFETY COURSE

Social Security - Rape and Robbery drugs are out there, but are they in here ?

- Rohypnol is a tranquilizer, colourless and odourless
- It is used against women and men.
- Never leave a drink unattended.



EXERCISE COMMON SENSE

PERSONAL SAFETY COURSE

- Easy victim?
- Cycle theft?
- Daylight mugging?
- Situational Awareness?
- Anticipating? Avoiding trouble?
- Exercising common sense?



REDUCE YOUR PROFILE

PERSONAL SAFETY COURSE



Take the low profile option to avoid trouble

REDUCE YOUR PROFILE

PERSONAL SAFETY COURSE

Only Carry what you are **PREPARED TO LOSE!**

COMPLY!!



SITUATIONAL AWARENESS

PERSONAL SAFETY COURSE

Questions?

SUMMARY

PERSONAL SAFETY COURSE

The only *real* person interested in your safety is you!
Use of **SAFER**.