

## PERSONAL SAFETY AND SECURITY 1 – DAY AWARENESS TRAINING



### COURSE DETAILS

**Course Date:**  
TBA

**Time:**  
08h30 – 16h00

**Venue:**  
TBA

**Cost: (Public)**  
Contact us for  
training specials

**Fees Include:**  
 Training Manuals  
 Certificate of  
Attendance  
 Lunch  
 Refreshments  
 Secure Parking

**Contact us for:**  
Registration and  
enquiries

#### Upcoming Courses:

- Anti-Hijacking
- Information Security Awareness 1 Day (ISO 27001)
- Introduction to Operational Risk Management

#### AIM OF THE COURSE:

This course is designed to help you reduce your risk of being a victim of crime. You improve your personal safety and protect your home, your family and belongings by following some of these simple suggestions provided by our specialists and to stay alert to your surroundings.

#### LEARNING OBJECTIVES:

The objectives of this course are to create personal security awareness and confidence amongst the delegates in the following areas:

- Right to safety – Create a security-aware culture
- Commitment, confidence and body language
- Awareness of surroundings
- Trusting your instincts - Assertiveness
- Support networks and emergency response
- Personal safety plan

#### SUMMARY OF CONTENT:

- Elements of personal safety
- Factors affecting personal safety
- Dealing with confrontation
- Areas of vulnerability
- Basic self defense and legislation
- Information security – Internet and cyber crimes.
- Robbery avoidance
- Safety Tips: Office / workplace, restrooms after hours, personal information and identity
- Safety checklists and useful information
- Practical-
  - Personal Safety - Safety tips and practical application
  - Self defense - Basic self defense scenarios and escape options
  - Case studies based on recent incidents and findings
  - Personal safety plan

#### TRAINING METHODS AND APPLICATION:

- Proxima presentation
- Facilitated group discussions
- Participant manual with the presentation materials

#### TARGET GROUP:

Absolutely everyone! – Parents, Teachers, Scholars, Office Personnel, Security Officers, Community workers, Counselors, Government Departments etc.

### SECURITY SERVICES

- Personal Security Risk Profile
- Executive Threat Mitigation
- VIP Protection
- Anti-Hijacking Workshops
- International Travel Advisories
- Security Seminars & Training
- Event Security / Venue Assessment
- Incident Investigation
- General Security Risk Assessment
- Corporate Security Management
- Airport Security
- Independent Security Consultant
- Security Service Provider Assessment

*Contact Sentinel Risk Management for all your security needs:*