



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

Journalism Safety Training Announcement

First Option is delighted to announce that we will be delivering Hostile Environment & First Aid Training (HEFAT) courses in the Pocono Mountains of Pennsylvania for US based journalist and key staff members in late August.

The First Option HEFAT portfolio is made up of market/sector leading courses that prepare journalists and other key staff members for working in hostile environments and other high risk situations around the world. Our HEFAT portfolio has been developed and continuously refined in close collaboration with key clients, which include BBC, ITN, Channel 4, CNN, NBC, Washington Post, Alaraby TV, Global Radio and many other networks and broadcasters. Our courses are endorsed by INSI, the Rory Peck Trust and the Frontline Club through whom we offer bursaries for freelancers. Our courses exceed the ACOS Industry Standard for Safety Training.

We are also delighted to partner with the International Media Support Group, headed by Emmy Award winning Photojournalist, Chris Post, to deliver these educational courses.

+44 (0)203 301 1236

highrisk@firstoption.group

www.firstoption.group



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

Full HEFAT

COURSE: FULL HEFAT (4 days)

LOCATION: Pocono Mountains of Pennsylvania, 2-Hours from New York City.

DATES: 29th August – 1st September 2022

COST: \$2,200 (inclusive of meals and accommodation)

HEADLINE: The Full HEFAT is our flagship safety course for journalists and key staff members operating in challenging and hostile environments. It is an intensive 4-day, all inclusive, residential educational opportunity at a world class facility with ample after-hours recreation and wellness opportunities.

WHO NEEDS THIS TRAINING: Our certificated Full HEFAT is designed for individuals, who have either never undertaken HEFAT before, or whose previous HEFAT qualifications are more than 3 years old.

DETAILS:

Designed by operational personnel with both the experience and editorial understanding of Journalism, our interactive course is delivered by instructors with recent on the ground experience gained from a variety of challenging assignments. We continuously assess and update our course programme to reflect the current safety and security issues that individuals are likely to face when deployed on an assignment. We avoid the one size fits all approach and using our trainers' experience, our understanding of newsgathering and programme making, we seek to deliver the most relevant and appropriate training and support you will see within the industry.



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

Our 4-day HEFAT course is divided equally between medical and security lessons. The training is delivered through interactive education, blending presentations, discussions, role-plays, practical scenarios and outdoor exercises. Our course delegates are able to confirm their training and practice their newly gained knowledge in a variety of role-play scenarios that reflect real-life situations. Our medical training will take individuals beyond the standard First Aid at work and give attendees the understanding, knowledge and confidence to be able to deal with multiple casualties in a challenging environment.

AGENDA: Our training programme covers the following key knowledge areas:

- Planning & Risk Assessment
- Personal Security & Hotel Security
- Cultural / Gender Awareness and Risk Considerations
- Mines & Unexploded Ordnance (UXO)
- Conflict Management & De-Escalation
- Weapons and Ballistic Effects
- Riots and Demonstrations
- Vehicle Travel & Safety including
- Working with local fixers/drivers
- IT, Communications Security & Tracking Devices
- Detainment, Kidnap and Hostage Survival
- Trauma Medical Training, including DRCAB
- Trauma Clinics
- CPR & AED
- Managing Road Traffic Incident/Collision
- Psycho-Social Care, Managing Stress & PTSD
- Staying healthy on assignments: Disease and travel environment illness/injuries prevention



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

Refresher HEFAT

COURSE: HEFAT REFRESHER (3 days)

LOCATION: Pocono Mountains of Pennsylvania, 2-Hours from New York City.

DATES: 30th August 1st September 2022

COST: \$1,650 (inclusive of meals and accommodation)

HEADLINE: The Refresher HEFAT is an abridged version of our Full HEFAT flagship safety course for journalists and key staff members operating in challenging and hostile environments. It is a residential, intensive 3-day, all inclusive, residential educational opportunity at a world class facility with ample after-hours recreation and wellness opportunities.

WHO NEEDS THIS TRAINING: Our certificated Refresher HEFAT is perfect for individuals who have previously completed a full HEFAT course and want to maintain valid currency and competency.

DETAILS:

The HEFAT Refresher will update and sharpen individual First Aid and personal security skills, whilst also allowing sufficient time for knowledge consolidation and practice time. The training is delivered through interactive training, blended presentations, discussions, role-plays, practical scenarios and outdoor exercises. Our course delegates are able to confirm their training and practice knowledge in a variety of role-play scenarios that reflect real-life situations, and which build skills and confidence.



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

Our medical training equips delegates to deal with a range of traumatic injuries likely in hostile environments and also how to maintain good health and hygiene in remote or austere locations. A revision and grounding of the theory is followed by hands on practice in a supportive learning environment before moving to lifelike casualty simulation as part of the scenario exercises to hone and refine these life-saving skills under simulated pressured circumstances. Medical subjects covered include: travel and environmental health, basic life support and AED, unconscious casualty and secondary survey; catastrophic bleeding and ballistic wounds; fractures, splinting casualty handling; triage and casualty simulation exercises.

AGENDA: Our training programme covers the following key knowledge areas:

- Personal and group deployment planning
- Threat evaluation and risk assessment
- Personal security and conflict management
- Vehicle and travel security
- Ballistics, mines and IED awareness
- Dealing with local authorities and factions
- Avoiding and surviving kidnap or detention
- Living and working in disaster areas
- Cyber security
- Psycho-Social Care, Managing Stress & PTSD
- Revision on Trauma Medical Training, including DRCAB
- Staying healthy on assignments: Disease and travel environment illness/injuries prevention



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

Public Order /Civil Unrest

COURSE: Public Order/Civil Unrest (1 day)

LOCATION: Pocono Mountains of Pennsylvania, 2-Hours from New York City.

DATES: 2nd September 2022

COST: \$550 (inclusive of meals and a single night's accommodation on 1st September 2022)

HEADLINE: The Public Order/Civil Unrest is a single training day to build skills that enable individuals and news crews to operate confidently and dynamically in volatile and violent, public demonstrations.

WHO NEEDS THIS TRAINING: Our certificated Public Order / Civil Unrest training is designed for journalists and key staff members who need to cover large civil disturbances or events that may promote large protest and counter protest activity.



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

DETAILS:

Our Public Order / Civil Unrest one-day module delivers a grounding in how to cover different forms of protest and civil unrest. It provides individuals with practical skills and blends classroom theory and discussion with practical role-play scenarios.

AGENDA: Our training programme covers the following key knowledge areas:

- Planning & Preparation
- Situational Awareness
- Clothing & Equipment, including PPE
- Police and security force tactics
- Managing improvised weapons and petrol bombs
- Tear gas / Pepper Spray and Less Lethal Ammunition awareness
- Adapting First Aid skills for public order / civil unrest situations



INTERNATIONAL MEDIA SUPPORT GROUP
www.JournalistSafety.com



FIRST OPTION
safety consultants
an ERM Group company

London Office (Registered Office)
First Option Safety Group
2nd Floor
Exchequer Court
33 St Mary Axe
London
EC3A 8AA

Edinburgh Office (Registered Office)
Action Media Safety Ltd
Summit House
4-5 Mitchell Street
Edinburgh
EH6 7BD

**Consultants also in Liverpool, Manchester,
Birmingham and Cardiff**

Office +44 (0)203 301 1256
Option 5 - High Risk

+44 (0)203 301 1236

highrisk@firstoption.group

www.firstoption.group