



HEAT



QUALSAFE AWARDS

REGISTERED CENTRE

Centre No.: 0907515

Hostile Environment Awareness Training



HEADQUARTERS

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OUR MISSION

Our mission is to raise standards in the delivery of HEAT training and to make safety courses more accessible to a variety of organisations.

HEAT better prepares candidates to improve their risk assessment skill set, raise their personal security profile and that of their team, prior to and whilst deployed to hostile environments.

What we do

Soteria Risk Training works with your organisation to mitigate risk to personnel whilst deployed in complex areas across the globe.

Our specialist trainers transfer knowledge and skills to empower teams, raising awareness to identify danger and security threats and de-escalate threatening situations. Effective training increases staff confidence and enhances corporate duty of care.

Our Ways of Working

- Teaching through 40% theory and 60% scenario based training – we all learn better from hands on experience
- We get to know the organisation and tailor course to specific risk and security threats
- Our training team are educators and ex military / public service – such as British Police.
- By providing ongoing advice and support
- We provide constant health and safety assessment to ensure learners safety
- We meet all our quality assurance targets
- OUR HEAT courses are based on the ENTRI and UN model



OUR HEAT TEAM

Professionals with vision



Mike Hope Lead HEAT Facilitator

Mike spent 12 years in the Armed Forces, providing specialist communications for the British Government. During his career he worked in hostile environments in the Gulf. He also served in Northern Ireland, Falklands and specialist missions throughout the European theatre. After a successful military career, he joined the police service, where he specialised in surveillance work and the creation of technical support units for over 20 years. Mike is a level 3 educator and has extensive public sector and civilian training experience.



Derek Loughery HEAT & Trauma Trainer

Derek is a Registered Paramedic with a varied and impressive 22yr military career, reaching the rank of WO2. During his military career he worked as recruit instructor at Catterick and in 2003 as a Tactics Instructor in Brecon, Wales. He also completed several operational tours as well as a one year posting to Nigeria in 2006. On leaving the forces in 2008 he completed his ambulance technicians course and joined the Scottish Ambulance Service's Special Operational Response Team (SORT) where he worked alongside Police Fire Arms departments and the Fire Service, delivering multi casualty triage and treatment in what is known as hot zone areas. Going back to the Middle East for a spell he spent 5 years working in Close Protection & Security Management in the Middle East.



Serena Miller Course Host and Operations

Serena is the Director of Soteria Risk Training. Working as a BBC Journalist for over 14 years, she saw a real need for tighter and more comprehensive safety and security training in complex environments. Serena has travelled and worked across the world. Serena's job is to host courses and meet Quality Assurance standards throughout our HEAT courses.

5 DAY HEAT – WORKING IN EXTREMELY VOLATILE, HIGH-RISK AREAS

Our most advanced HEAT course is for those working in areas destabilised by war, imminent terrorism threat and civil unrest - where the threat level is categorised as extremely high.

We guide learners through a rigorous 5-day programme, where training starts the minute participants arrive at our private rural training centre.

Through planning, risk assessment, navigation and SOPs learners work their way through a series of scenarios designed to develop rational, decisive decision making and build self-confidence. This training improves mission efficiency and operational planning to increase team safety.

Learners will gain skills to mitigate risk in order to operate efficiently and safely, ensuring the highest level of security for themselves and their team whilst deployed to challenging environments and in the face of adverse situations.

All of our courses are based on the UN model and ENTR1 curriculum.



No pre-training is required but learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

£1400 p.p

Accommodation and meals available at subsidised price and on site

3-DAY HEFAT - HOSTILE ENVIRONMENT FIRST AID TRAINING – TRAVEL TO MEDIUM & HIGH RISK AREAS

This course focuses on travel safety, situational awareness, threat management and modules specific to travel in areas of medium to high risk areas. Our HEFAT also includes a one-day QA First Aid certification is taken on the last day of training – with a focus on field trauma and improvisation.

Through immersive scenario training learners practice how to react when faced with distressing and stressful situations. Where do you position yourself under fire if you are exiting a vehicle? How do you deal with illegal checkpoints? What risk assessments and SOPs can you and your team put in place to improve your safety?

We slow down situations by replaying training scenarios to develop more advanced coping mechanisms and decision making in stressed simulations.

We advise on the most appropriate medical kit and protective equipment to be taken on deployment. Also how to identify medical risks and access to treatment whilst deployed.



No pre-training is required but learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

£850 p.p

Accommodation and meals available at subsidised price and on site

2 DAY - ELEMENTARY HEAT – FOR TRAVEL TO MEDIUM TO HIGH-RISK AREAS.

Travelling abroad on a mission can be exciting, however, complex environments can be challenging and de-stabilising. In order for individuals and teams to work more efficiently comprehensive training is essential for mitigating risk.

This 2-day, 20 hour course follows the same modules as our HEFAT without the one day First Aid. This is an intense schedule - but we give learners time for self reflection and experience sharing.

We strongly suggest that a robust First Aid certificate - with a focus on trauma - is obtained by all personnel prior to deployment.

Through immersive scenario training learners practice how to react when faced with distressing and stressful situations. Where do you position yourself under fire if you are exiting a vehicle? How do you deal with illegal checkpoints? What risk assessments and SOPs can you and your team put in place prior to departure to improve your safety? We slow down situations by replaying training scenarios to develop more advanced coping mechanisms and decision making in stressed simulations.



No pre-training is required but learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

£750 p.p

Accommodation and meals available at subsidised price and on site

1 DAY - HEAT REFRESHER - FOR LEARNERS WHO HAVE ALREADY TAKEN A HEAT COURSE

This one day refresher course revisits the modules of the HEAT course the learner took with us or another HEAT company.

The refresher course but can be taught online if require by the organisation due to location of personnel. However, we recommend that the course is taught face-to-face.

By keeping knowledge up to date and training contemporary, employers can ensure that their corporate duty of care is fulfilled. Refresher training reinforces best practice and and refreshes memory keeping individuals and teams informed and safety briefed whilst on mission.



HEAT course undertaken within the last 3 years. Learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

£95 p.p

Accommodation and meals available at subsidised price and on site

TRAVEL SAFETY AWARENESS TRAINING – FOR THOSE WORKING OR TRAVELLING IN LOW TO MEDIUM RISK AREAS – 2 DAY COURSE

Travel Safety Awareness Training is part of our HEAT suite, it has elements of Hostile Environment Awareness Training, however the training is levelled at low to medium risk environments and not places of high-risk deployment.

This course suits those deployed to countries with complex challenges but classed as low to medium risk.

If you are being deployed or travelling in a country deemed as unsafe by the Ministry of Foreign Affairs, then this course is the right course for you.

Length of course can vary from organisation depending on prior experience and requirements. First Aid can be added on to the course if required.

This course covers, gender awareness, cultural awareness, travel safety, situational awareness and much more.



No pre-training is required but learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

£650 p.p

Accommodation and meals available at subsidised price and on site

I-HEAT STUDENT SAFETY TRAVEL COURSE – PREPARES YOU FOR TRAVELLING AND WORKING IN DANGEROUS AREAS

I-HEAT is suitable for those studying or working abroad in low (challenging) and medium risks countries.

Our mission is to raise standards in the HEAT industry, whilst reducing costs to make HEAT more affordable and accessible for students and young people whose study or work involves international travel. We follow the United Nations and ENTRI model of training.

We aim to help mitigate risk to the young person by raising awareness of the modern global dangers and how to react and deal with volatile situations.

By exposing our learners to hyper-realistic scenarios and transferring knowledge from first class trainers –with decades of military and public sector experience such as British Police - we aim to mitigate risk for those travelling for work, education and those assigned to research projects and other overseas assignments.



No pre-training is required but learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

£275 p.p

Accommodation and meals available at subsidised price and on site

RAFA - REMOTE AREA FIRST AID - AWARENESS COURSE - BESPOKE FIRST AID COURSES

- .Patient monitoring (including blood pressure measurement)
- Advanced fracture management and splinting (using assorted splints and improvisation)
- CAT bleeds
- Spinal management and transportation
- AEDs and limitations in the wilderness
- Fluid therapy in the wilderness
- Hypothermia (advanced) and cold injuries
- Communication and recording
- Altitude Illness
- Heat Illness and heat stroke
- Animal related problems, including bites and stings as well as tropical illness
- Wound care (advanced)
- Medical Accident Control
- Medical kit during deployment
- Pre deployment preparation



No pre-training is required but learners must be 18+ and have a suitable knowledge of the English language, both written and verbal. Each course has a Course Host to ensure the wellbeing and happiness of our learners.



Cost

Starting from £90 p.p for 1 day course

Accommodation and meals available at subsidised price and on site

Our Duty of Care

We are a fully insured training company.

We understand that certain missions can be sensitive and the need for confidentiality & complete discretion must take precedence. Please discuss confidentiality and highlight your needs on the pre- course form and Soteria Risk Training will guarantee total discretion.

We are dedicated to the physical and mental wellbeing of our learners and we ensure safety throughout our training, with rolling risk assessment, continual evaluation and support through meetings and a welfare host assigned to learner groups for the duration of the course. All of our trainers are trained to first responder level 3 or above and full medical kit are on site in the unlikely event of injury.

A safe, friendly learning environment makes learning more productive and by creating a supportive and relaxed 'family' environment we succeed in our mission to transfer knowledge safely and successfully.

To ensure the mental health wellbeing of learners throughout the course and post training, we have partnered with Safehaven: <https://safehaven.co.uk> - health care professionals and UK specialists in crisis, disaster and trauma-responsive mental health care. SafeHaven have years of experience supporting organisations and their personnel around the globe in fragile and complex environments.

Solutions are available through SafeHaven to any NGO, charity or corporations training with us - for pre-incident preparation, crisis response and post incident support.



SafeHaven

**Crisis, Disaster & Trauma-Responsive
Mental Health Support**

Certification & further information

Certification

Learners will receive a 3 year HEAT certificate

We offer online refresher training yearly.

Then a physical 1 day HEAT refresher after the HEAT certificate has expired.

Learners will take home:

HEAT handbook in hard copy and a digital copy if required.

Handy First Aid tag cards

Our contact details for any free information or help post course.

Learner suitability

Learners must have a good grasp of English and be able to participate in the programme that is taught fully in the English language

Learners must be over the age of 18 to take this course

Prior to course enrolment learners must complete a health and fitness questionnaire and declare any illness be it physical or mental, that could effect their ability to complete the course.

HEAT training can be psychologically and physically demanding. A questionnaire will be sent out prior to enrolment for health and safety purposes.

Soteria Risk Training will assess learner suitability for this course. Learners will be asked to complete an application and questionnaire before attendance.

The Value of HEAT training

Hostile environments can be hazardous and complex, so good quality scenario training is key to resilience and survival in some of the worlds' most dangerous areas. We can tailor make courses for groups and will treat every candidate as an individual.

If not properly trained, life-threatening situations can quickly turn fatal having a devastating effect on business, individuals, families and organisations reputations.

Do you know where best to position yourself if you come under fire? How to act faced with a dangerous conflict? How and when to use conflict management skills? How to handle yourself if you fall into the hands of kidnappers?



“

I participated in a 2 day H.E.A.T course, during the course I struggled with a particular exercise and the staff were completely patient as they explained further with no signs of frustration.

Class lessons were informative, engaging and fun as the presentation felt like a conversation really drawing each student to have their own input. The staff themselves were lovely to talk to and super friendly. Once an exercise involving a scenario began the staff were switched on, bringing each scenario to life with unmatched professionalism. Would 100% recommend Soteria Risk".

William - NGO

SOTERIA RISK

TRAINING & RISK MANAGEMENT