

INDUSTRY STANDARD CURRICULUM IN SAFETY TRAINING FOR FREELANCE JOURNALISTS MAPPING RESULTS

	1 Essential for all 2 Essential dependen t on	Description / Justification
COURSE CONTENT		
Safety Awareness - Essential Subjects		
1. Assignment planning		
Personal equipment	1	Useful equipment (head torch, power bank, water purification bottle etc)
Personal Protection Equipment (PPE)	1	PPE consists of: Ballistic vest and helmet, including the standards of the plates and what rounds they will stop.

Risk assessment and mitigation/Personal contingency plans	1	How to conduct a simple risk assessment, what is risk etc Pre travel health risk assessment: disease, health conditions, medical care plans - hospitals & evacuation - Basic health and hygiene pre deployment - personal security plan
Travel Management planning	1	General travel safety and planning (avoiding travel at night, wearing seat belts, check routes), check in procedures.
Legal liabilities awareness	1	Maybe briefly outlining reason for predeparture & risk assessment - network's duty of care - Introduction
2. Threats, Hazards and Risk		
Personal security and situational awareness	1	Situation awareness - how to think safe, reading a situation so danger can be minimised. Person Safety - how to avoid crime. There are various assessment tools such as Cooper colour code. READE mantra

Women specific security Sexual & Gender-based Violence	1	Understanding different cultural approaches to gender safety, minimising your risk, how to react. Educating teams. Handling sexual aggression.
Managing conflict and aggression	1	How to defuse confrontation
Crowd awareness, civil disturbance, riots and public order	1	Understanding crowd dynamics, danger signs, security force tactics. Pre deployment planning. Working as a team.
Vehicle safety	1	Seat belts, safety equipment, managing a road traffic accident, stabilising and extracting casualties from vehicles
Vehicle check points and crossing borders	1	Purpose of check points, typical layout of a permanent & temporary checkpoint, how to negotiate safe passage, some tips and tricks

Weapons awareness	1	Capabilities of rifles, hand guns, grenades and larger weapons. Typical weapon ranges, types of cover, crack & thump technique. example Paris - (civil unrest, linked to equipment)
Basic awareness on landmines, UXOs booby traps, IEDs (linked to A18)	region specific 2	Danger of mines & IEDs, purpose of mines/IEDs, how they are laid, danger signs, avoidance techniques. What to do if caught in mined areas
Detention, arrest, kidnap and abduction survival	1	Know threat areas. Why are people kidnapped. Avoidance strategies and what to do if caught.
Basic navigation	3	Understanding maps - scale, orientation, legends. Use of compass & GPS

Managing conflict and aggression (civil unrest, check points, brives-ethics) <ul style="list-style-type: none"> • Use of body language in managing conflict and how to avoid it • Deffusing confrontation 	1	
3. Information Security		-Information security does include how one manages information (both digital or analog), whereas Digital Security may not always address analog information.
Security of communications, cyber security, sensitive source security	1	Understanding cyber threat, miniming electronic risk. Dangers of social media, protecting devices - mobiles and laptops, protecting contacts.
4. Psychological trauma awareness		
Collective care, selfcare, resilience	1	Explaining why mental trauma may occur. Signs and symptoms, treatment strategies - both locally and professional
Responsibility to sources and collaborators	1	
5. Additional Subjects - Not essential		
Morals and ethics in conflict zones	2	How a journaist should operate, limitation of ability to help others, ethical guidelines.
Investigations and undercover work	2	
Chemical, biological, radiological and nuclear elements	2	

Working with a security advisor	2	
Meetings with sensitive sources	2	
Target Awareness and basic surveillance awareness	2	
Working in disaster or humanitarian zones	2	
Security of buildings	2	
Working with the military and Security Forces	2	
FIRST AID - Essential Subjects (order, sistematic		
Initial assessment and management of a casualty	1	Safety first - managing the incident.
Danger, response, (catastrophic bleed) airway,	1	Simple but essential techniques
Cardio-Pulmonary Resuscitation (CPR)	1	

Wounds & Bleeding	1	Survey to find wounds & treatment: direct & indirect pressure.
Primary health care: Gastro intestinal issues, Malaria and Dengue Fever, Bites and Stings, Heat and cold, Altitude sickness, Anaphylaxis, Personal equipment	1	
Special medical situations (Venomous animals and dental infections. Travellers health awareness – bugs, bites and bowels)	2	
Fractures, dislocations and sprains	1	Mechanisms of injury, recognition, stabilising casualties, splinting & bandaging
Burns care	1	

Other trauma – injuries to other major organs – abdomen, head Choking	1	
Road traffic incidents	1	
Climatic medical emergencies	1	
Transport casualty	1	
METHODOLOGY		
Training Provider Profile - Essential		
Subject Matter Expert for each subject (experience working and living in a challenging environment or in relevant regional and local settings, experience in dealing with emergencies, understanding threats and risks facing journalists and contributors)	1	IREX SAFE: Required! All SAFE trainings include at least 3 trainers (1 physical, 1 digital, 1 psychosocial) who are regionally-based and often (but not always) who have backgrounds in journalism.
Medical Certification for medical trainers	1	subject matter expertise (out of date experience vs certification - insurance claims)
Training Provider Profile - Not essential		

Course provider with ISO standard	3	
Teaching Methods - Essential		
	1	
Scenarios (appropriate, practical, ethical)	1	
Supporting Materials: videos, handouts	1	
RECOMMENDATIONS (For Best Practice)		
First aid training, the ratio between trainers and		
Language training: it would be preferable that trainers		
Preparation: learn about participants' profiles, circulate		
Have regard to safety considerations when choosing the		
Training follow up: provide information on wider		
Confidentiality		
Create safe spaces to share sensitive information		
Utilise where possible online teaching and webinars as		
Freelancers trained on key safety questions that they		
Recommended teaching ratio for safety awareness		
Recommended teaching ratio for first aid training: 80%		
Duration course - minimum essential 3 days	1	