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### **First Aid, Safety and Security in the Field**

In these times of security hazards and increasingly complex disasters it is indispensable to equip Red Cross delegates abroad with adequate training. The three-day course of the German Red Cross has three set goals:

- to familiarise the participants with life-saving first aid measures, under the often improvised conditions in the field
- to teach participants how to behave in areas of crisis, including zones covered with landmines, the relationship with military or paramilitary troops, how to behave passing regular or irregular checkpoints and how to cope with particularly stressful situations
- to teach the participants the safe handling of technical equipment under field conditions, e.g. 4-wheel drive, driving in a convoy, etc.

For this purpose the real situation of crisis is simulated, thanks to the collaboration of the German Military Forces, on one of the biggest military training areas in Germany. This simulation guarantees the training of all participants under field conditions and on the other hand it enables the organisers of this course to practice and observe the behaviour of participants under real circumstances. In this way we can, if necessary, give hints for correct behaviour and prevent mistakes in the case of emergency.

The training lasts three days and takes place mainly in the open (in any weather condition). The course ends with a detailed debriefing from the military and the emergency aid organisation's point of view.