Public Safety Training Course Plan



China Public Security Education Foundation

2021 Version

**Course Design**

In response to the specific conditions and training needs of public and private Schools in Hong Kong, CPSEF adopts a teaching method that combines theoretical learning and practical exercises, with a variety of practical training drills and professional teaching facilities and equipment to design customized public safety training courses.

* **Training Sessions**

According to the requirements of the school, the training time and length of training can be arranged flexibly. The general course is set for 1-5 days, kinder-garden course is half a day.

* **Training Location**

School: Instructors can be sent to school for on-site training. Selective courses and training drills catering to school site conditions will be provided.

CPSEF Training Base: We welcome students and faculties to our CPSEF training Base for internal training. The base's complete supporting facilities and strong logistical support enable trainees to experience professional, high-quality, and comprehensive training services in addition to meeting the various conditions required for training.

* **Training method**

The training is conducted through the combination of theoretical lectures and practical activities. We follow a "Reenactment" teaching method that engage trainees in a variety of disaster simulations such as sudden explosion incident response courses, kidnapping and hijacking response courses, fire response skills courses, etc. We place the trainees in an “Virtual Reality" environment, and simulate the explosion scene, the kidnapping scene, and the fire scene in the way of scene reproduction, so that the students can experience the atmosphere of terror, feel the urgency of time, and ensure the timeliness of their reactions to different scenarios. Our “reenactment” training drills greatly test trainees’ learning effectiveness, and at the same time enhance their ability to withstand stress and the spirit of courage to face adversities.

* **Number of trainees**

The number of trainees is determined according to the needs of the school and the site conditions. Each training session is based on classes size, with no less than 30 students and no more than 100 in each class. If the number is exceeded, another group will be set up for training in rotation.

1. **Curriculum planning**

* **Student groups**

Catering to the training requirements of the public and private schools of Hong Kong for different student age groups, training programs suitable for students of different ages are tailor-made to cultivate students' awareness of disasters and public safety. Public safety defense skills will also be taught by our topnotch instructors to students through a series of entertaining and fun activities, gradually enabling students to have the self-prevention awareness and self-protection ability of public safety.

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| **Target Trainees** | **Training purpose** | **Training Courses** | **Training**  **duration** | **Training**  **Location** |
| Kinder-Garden students (3-5 years old) | Establish a good sense of organization and discipline for children, promote the construction of school spirit and discipline, enhance children’s self-protection awareness, and improve children’s recognition and response to dangerous substances, actions, and suspicious or deceptive behaviors. | Toddler Scout training | Half day  3h | School/  CPSEF Base |
| Recognition of dangerous object and substances and dangerous behaviors for toddlers |
| Child abduction prevention |
| Primary school students  (6-12 years old) | Establish students' awareness of public safety, understand simple knowledge of fire prevention, earthquake preparedness, prevention of trampling, emergency escape and self-protection under dangerous circumstances, and methods of fraud and abduction prevention. | Public safety awareness | Full day  6.5h | School/  CPSEF Base |
| Anti-fraud and Abduction response |
| Fire basic escape |
| Earthquake escape |
| Anti-stomp |
| Junior and high school students  (13-18 years old) | Cultivate students’ safety awareness, master basic public security defense skills, improve personal defense skills, master basic skills to respond to security threats such as terrorist attacks, kidnapping and hijacking, strengthen the escape skills from disasters such as earthquakes and fires, and conduct corresponding evacuation drills. Obtain professional self-rescue and mutual rescue techniques. | Security awareness | Two days  13h | School/  CPSEF Base |
| Basic security skills |
| Personal defense skills |
| Emergency response |
| Kidnapping and hijacking response |
| Survival in the Wild |
| Fire and earthquake evacuation/escape field drill |
| Emergency ambulance/AHA certification training |

* **Faculty and staff**

We provide targeted public safety training courses for the faculty and staff groups, so that teachers, administrators, and security personnel can master the basic knowledge of public safety while learning and improving public safety management capabilities.At the same time, special security training can be provided for campus security personnel, and special security certificates can be issued according to customer needs.

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| **Targeted Trainees** | **training purpose** | **Training Courses** | **Training**  **duration** | **TrainingTrain**  **Place** |
| Faculty and staff | Understand the security situation at home and abroad, establish a preliminary concept of public security management, enhance public security awareness, know the basic content and methods of public security management, understand the handling principles and procedures of various public security emergencies, and master the basic knowledge of emergency response. Acquire professional self-rescue and mutual-rescue techniques and stress relief and adjustment training. | Security awareness | Three days  18h | School/  CPSEF Base |
| Analysis of Domestic Security Situation and International Hotspot Issues |
| Public safety incident handling |
| Identification and prevention of suspicious behavior |
| Emergency avoidance and escape |
| Basic security skills |
| Personal defense skills |
| Psychological adjustment and stress management |
| AHA certification training |

1. **class schedule**

* **Two-day course arrangement and detailed training schedule for junior and senior high school students**

**Day 1**

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| --- | --- | --- | --- |
| **Time** | **Course Title** | **Course content** | **Lecturer** |
| 08:30-08:40 | **Class opening ceremony** | | |
| 08:50-10:20 | Security awareness | 1, The importance of establishing safety awareness.  2, What are the hidden dangers of public safety in daily work and life.  3, How to identify security risks.  4, How to improve the awareness of safety precautions. | Senior Security Expert |
| 10:30-11:30 | Basic security skills | 1. Practice basic defense skills, including basic attack techniques, basic defense techniques, basic combat techniques, prone positions and body movement training. 2. Master the way of responding to safety risks, accelerate the speed of response to distress, and improve the ability of safety prevention. | Senior practical instructor |
| 11:40-13:50 | **Lunch, lunch break** | | |
| 14:00—16:00 | Personal defense skills | 1, Understand the positions and important functions of the eight vital parts of the body and the seven major joints.  2, Defensive skills to deal with unarmed attacks, machete dagger stabbing, and club attacks.  3, Facing the attacker's relief skills and standardized movements. | Senior practical instructor |
| 16:10-17:40 | Responding to hijacking and kidnapping | 1. Simulation training of scenes under hijacking and kidnapping in vehicles and public places. 2. Experience the psychological changes after being kidnapped and hijacked, overcome adversities and subdue fear. 3. Use objects around you and the surrounding environment to prevent and avoid kidnapping and hijacking incidents. 4. Master the coping skills and the timing to escape after being kidnapped. | Senior practical instructor |

**Day 2**

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| **Time** | **Course Title** | **Course content** | **Lecturer** |
| 08:30-10:00 | Fire fighting skills | 1. Master the procedures and extinguishing methods of the first fire, especially the common extinguishing methods when encountering fire incidents in daily life. 2. Simulation training of the correct posture and escape skills when escaping in different fire situations. 3. Improve the emergency response ability to overcome fear, organize evacuation, develop on-site commanding and directing skills. | Senior practical instructor |
| 10:10-11:40 | Survival in the Wild | 1. Master basic survival skills in an unfamiliar environment in the wild, including direction identification, water source acquisition, quick fire extraction, safe camping, etc. 2. For common injuries and diseases in the wild, master the skills of self-rescue and mutual rescue. | Senior practical instructor |
| 11:40-13:50 | **Lunch, lunch break** | | |
| 14:00-16:00 | Emergency response | 1. Understand the structure and principle, traits and characteristics of common explosives, classification and occurrence conditions of explosions. 2. Master the disposal methods of explosives found on different occasions and the methods of escape and refuge. 3. Properly guard and organize evacuation when training hazards occur. | Senior practical instructor |
| 16:10-17:40 | First aid | 1. Operation methods and precautions for hemostasis and bandaging. 2. Judging the type of fracture and the principles of fracture emergency treatment. 3. Master the precautions for fracture fixation and handling. 4. Use personal belongings for quick, correct and effective self-rescue and mutual rescue. | Senior practical instructor |
| 17:40-17:50 | **Completion/Summary** | | |

**Note:**For students 18 years and older, the "emergency first aid" course can be changed to an official certificate training course certified by the American Heart Association (AHA). Mainly focus on "Heart saver trainee course" training. After class, the international general AHA "Heart saver" certificate can be issued.

* **Faculty and staff three-day course arrangement and detailed training schedule**

**Day 1**

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| --- | --- | --- | --- | --- | --- |
| **Time** | **Course Title** | **Course content** | | **Lecturer** | |
| 08:30—08:40 | **Class opening ceremony** | | | | |
| 08:40-10:10 | Security awareness | 1, The importance of establishing safety awareness.  2, What are the hidden dangers of public safety in daily work and life.  3, How to identify security risks.  4, How to improve the awareness of safety precautions. | | Senior Security Expert | |
| 10:20-11:40 | Basic security skills | 1. Practice basic defense skills, including basic attack techniques, basic defense techniques, basic combat techniques, prone positions and body movement training. 2. Master the way of responding to safety risks, accelerate the speed of response to distress, and improve the ability of safety prevention. | | Senior practical instructor | |
| 11:40-13:50 | **Lunch, lunch break** | | | | |
| 14:00-16:00 | Public safety incident handling | | 1, How to formulate work plans and programs for responding to and dealing with emergencies of public safety incidents.  2, How to quickly organize the safe concealment, evacuation, and evacuation of students and faculty members when encountering an emergency public safety incident. | | Senior Security Expert | |
| 16:10-17:40 | Personal defense skills | 1, Understand the positions and important functions of the eight vital parts of the body and the seven major joints.  2, Defensive skills to deal with unarmed attacks, machete dagger stabbing, and club attacks.  3, Facing the attacker's relief skills and standardized movements. | | Senior practical instructor | |

**Day 2**

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| --- | --- | --- | --- |
| **Time** | **Course Title** | **Course content** | **Lecturer** |
| 08:30-10:00 | Analysis of Domestic Security Situation and International Hotspot Issues | 1, Understand and analyze the security situation and terrorist threats of various countries, especially in Asia, Africa, and Latin America under the current world economic landscape.  2, Understand the process and methods of terrorist attacks and various security risks that may be faced, and formulate targeted security precautions. | Senior Security Expert |
| 10:10-11:40 | Identification and prevention of suspicious behavior | 1. Master the basic methods of identifying unidentified persons, and have the ability to communicate with unidentified persons. 2. Master the basic methods of identifying suspicious objects, vehicles, handling methods when suspicious objects are received, and coping skills for handling suspicious vehicles. 3. Improve the ability to perceive sudden and suspicious events and abnormal sudden changes in the environment, and strengthen the ability to prevent emergencies. | Senior practical instructor |
| 11:50-13:50 | **Lunch, lunch break** | | |
| 14:00-15:30 | Psychological adjustment and stress management | 1. Master the methods of identifying abnormal psychological phenomena and different mental states through lectures 2. Understand the characteristics and causes of common mental illnesses 3. Learn to self-regulate emotions through 6 Common skills 4. Learn how to adjust and relieve yourself when facing of stress 5. Measures for psychological counseling after major traumas and terrorist incidents | Senior Security Expert |
| 15:40-17:40 | Emergency avoidance and escape | 1. On-the-spot training to enhance the climbing ability, balance, coordination of limbs and mental quality of the trainees 2. Improve the ability to react and escape by using various obstacles to respond to attacks and explosions | Senior practical instructor |

**Day 3**

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| **Teaching time** | **Courses taught** | **Course Contents** | | **Instructor** |
| 08:30—10:00 | Adult cardiopulmonary resuscitation | 1. Adult patients chest compression techniques and single cardiopulmonary resuscitation training. 2. Master the breathing and airway of adult patients. 3. How adult patients breathe using a mask. 4. Adult defibrillation: Introduction and use of automatic external defibrillator. 5. Adult suffocation response. | | AHA Certified Instructor |
| 10:10—10:30 | Infant cardiopulmonary resuscitation | 1. Infant basic life support/Introduction to cardiopulmonary resuscitation. 2. Two-finger chest compression techniques for infant patients and CPR training for single infants. 3. Master the breathing and airway of infant patients. 4. How to use the mask for infant patients. 5. How to deal with infant suffocation. | | AHA Certified Instructor |
| 10:40—11:30 | Adult single CPR and automatic external defibrillator skills assessment  Baby single CPR assessment. | | | |
| 11:40—12:40 | **Lunch, lunch break** | | | |
| 13:00—14:00 | Basic First Aid | 1. Understand the responsibilities of first respondents. 2. Safety instructions for first respondents and patients, including how to use gloves correctly and wash hands correctly during treatment. 3. Familiar with first aid tools and methods of use. 4. Judge the patient's condition and call for help. 5. Practice, summary, test. | AHA Certified Instructor | |
| 14:10—15:10 | Internal Medicine Emergency | 1. Learn about common breathing problems. 2. Coping methods for suffocation in adults and children. 3. Usage of Adrenaline pen and practice. 4. Chest pain and heart attack, fainting, diabetes, stroke, convulsions and shock state coping skills. 5. Practice, summary, test. | AHA Certified Instructor | |
| 15:20—16:50 | Injury emergency | 1. How to correctly use bandages when bleeding can be seen. 2. How to give emergency care to invisible bleeding. 3. How to bandage and rescue head and spine injuries, fractures, and sprains. 4. How to rescue burns and electric shocks. 5. Practice, summary, test. | AHA Certified Instructor | |
| 17:00—17:30 | Environmental emergency | 1. Understand the content of environmental emergency. 2. Practice, summary, test. | AHA Certified Instructor | |
| 17:30—18:00 | **Course summary/Make-up exam** | | | |