

BTC Training (Africa)(Pty) Ltd

1999/018931/07

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TRAINING CENTRE: 9 Pickers Place, 33 Second Avenue, Alberton North

Home Personal Safety Program

NQF Level 2

Duration: 5 Hours

Price on request (Min 5; Max 20 delegates)

Target group: Any person who is exposed to this type of risk and wishes to enhance their safety and security.

Course outcomes: Learners will be able to explain what to do in certain types of security related incidents and understand the need for maintaining good physical security and personal awareness.

Programme contents:

- ❖ Security as a Total Concept
- ❖ Statistics
- ❖ Lifestyle Security
 - Perimeter Security
 - External Security
 - Internal Security
 - Telephone usage
 - Community Involvement
 - Domestic Animals
 - Security Plan
- ❖ Enhance your own safety
- ❖ Practical Exercises in Self Defence
- ❖ Trauma
- ❖ Fire Prevention and Control

Delegates notes