

Ukraine Pre-Deployment
Hostile Environment First Aid Training



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About Us

Lazarus Training is a UK-based first aid training organisation, specialising in first aid, security and safety training for a variety of industries world-wide.



Lazarus Training, a leading provider of specialised safety and medical training, with a strong emphasis on high-risk environments. In light of the growing threats faced by organisations operating in Ukraine, our expertise is particularly relevant. Throughout 2024–2025, we have trained over 4,500 delegates in advanced first aid and safety practices. Since 2018, we have been active in Ukraine, and following the full-scale Russian invasion in 2022,

we have delivered critical safety training to NGOs, media personnel, law enforcement agencies and corporate teams working on the frontlines. Our programmes are designed to prepare individuals to manage both personal security threats and emergency medical situations. We are confident that our services can significantly enhance the safety of those deployed to Ukraine.

"Tell me and I forget, teach me and I may remember, involve me and I learn." - Benjamin Franklin



Pre- Deployment Hostile Environment Training

Preparing Your Team
for Safe and
Effective Operations
in Ukraine

*"Learning never exhausts
the mind."* - Leonardo Da
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With the global increased threat to field workers, particularly those operating in challenging environments, our experience has never been more relevant. As Ukraine begins the complex and critical process of redevelopment, organisations are playing a vital role by deploying personnel across various sectors. With ongoing security risks and infrastructure challenges in the region, it is essential that teams are fully prepared to operate safely and confidently in potentially hostile or high-risk environments. Lazarus Training's newly enhanced Pre-Deployment Hostile Environment First Aid (HEAT) course is specifically designed to meet the needs of organisations sending staff into Ukraine.

We believe our services will significantly enhance safety for corporations, individuals and aid workers. This course is based on our Royal College of Surgeons endorsed 5-day HEAT course. Adapted and enhanced to include specific security and safety awareness skills and training.

During this course the delegates are exposed to stress in simulated scenarios using fake blood and wound simulation, noise and darkness. Preparing our delegates for real life stressful medical situations they could potentially be faced with for real.

Core Components

What The Training Covers

Our immersive, scenario-based programme combines advanced first aid with situational awareness and personal safety strategies tailored to the current context in Ukraine. The course includes:

- Hostile Environment Awareness
 - Threat identification and risk assessment
 - Movement planning and situational awareness
 - Surveillance detection and avoidance techniques
- Enhanced First Aid for High-Risk Areas
 - Life-saving interventions: catastrophic bleeding, airway management, shock treatment
 - Advanced First aid and patient assessment fundamentals
 - Care under fire and prolonged field care principles
 - Casualty evacuation techniques with limited resources
- Response to Targeted Threats
 - Action on ambush, hostile checkpoints, and civil unrest
 - Personal protective strategies and behavioural guidance under threat
- Psychological Resilience
 - Managing stress in high-pressure environments
 - Building confidence to act decisively in emergencies



Learning Outcomes

By the end of the course, participants will:

- Be confident in delivering emergency medical care in hostile or austere conditions
 - Recognise, avoid, and respond effectively to evolving threats
 - Improve operational safety and preparedness across diverse deployment roles
 - Meet duty-of-care requirements for employers operating in high-risk areas
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Our training includes protocols like MARCH (Massive Bleeding, Airway, Respiration, Circulation, Head and Hypothermia) which have proven effective in preparing delegates to save lives in urgent situations. This training, combined with scenario-based learning and self defence enhances the ability to respond to crises effectively.



Why Choose Lazarus Training?

Global Expertise Adapted for Ukraine:

With a track record in challenging environments including, but not limited to, Afghanistan, Kenya, Kyrgyzstan and Ukraine, Lazarus Training brings global best practices to those deployed to Ukraine. We customise our training to reflect the unique challenges of the Ukraine context, ensuring all delegates receive practical and applicable skills. This reflects the UK's leadership in security and safety training fostering a deeper UK-Ukraine collaboration in safety and protection.

Experience in High-Conflict Zones

Since 2018, we have been delivering safety training in Ukraine, focusing on law enforcement, media workers, NGO's and many other organisations. Our training adapted during the 2022 full-scale invasion, provides delegates with critical skills for managing personal risks and medical emergencies in conflict zones. This experience makes our courses highly relevant for Ukraine's volatile and high-risk environments.

Understanding Personal Threats

Our HEAT safety course helps those deployed to Ukraine to recognise and counter personal threats, from surveillance to direct attacks. The course also draws on lessons learned from our work in other conflict zones, preparing participants for the real-world dangers they face on the ground. With the added benefit of self defence training participants gain not only first aid life-saving skills but also the confidence to protect themselves and others in challenging situations.

Testimony

Our small contribution for a safer world

"As a civil engineer working in conflict zones, I knew I needed specialised training to stay safe and protect my team in hostile environments. That's why I signed up for the Hostile Environments First Aid Training with Lazarus Training in the UK. It was extremely important to me to complete my training in the UK prior to leaving for Ukraine. From the moment I started the course, I was impressed with the professionalism and depth of knowledge the instructors brought. They weren't just first aid professionals but had real-life experience working in dangerous situations, which made their advice invaluable.

The course wasn't just about first aid—it was about understanding how to assess risks and respond to various emergencies in environments where conventional environments where conventional medical services

might not be available. The practical sessions were the most intense, especially the realistic scenarios where we had to treat wounds under simulated hostile conditions. This pushed me to think quickly under stress, something I now know is essential.

The instructors also taught us how to communicate effectively in crises, use basic equipment like tourniquets and wound dressings, and even handle psychological responses to trauma. I feel far more prepared to handle medical emergencies in dangerous regions and am confident I can better protect myself and my team. It's the kind of training I wish I'd had years ago."

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Key Benefits



Our safety course equips individuals with the skills to act in a medical emergency, avoid surveillance, identify potential threats, and protect themselves against targeted attacks. This customised mission specific training enhances personal security and supports the continuity of operations in high-risk environments, ensuring that personnel can carry out their roles safely and effectively.

Demonstrates your organisation's commitment to employee safety and meets legal obligations for health and safety in high-risk deployments.



Improved Business Continuity prepared personnel are more resilient, reducing the chance of mission failure, unplanned evacuations, or operational delays.

Boosted Staff Confidence & Retention
Employees feel supported and valued when properly prepared, which improves morale, confidence, and retention during high-risk assignments.

Enhanced Organisational Reputation
Proactive investment in staff welfare strengthens your public image and credibility with clients, partners, and stakeholders.

Demonstrated Global Responsibility
Shows your organisation is acting responsibly and ethically in global operations, reinforcing Environmental, Social, and Governance commitments.



Our Team



Alistair Hollington Director of Training

Alistair brings a wealth of experience from his extensive career in the military, where he served his country as a medic in the British Army. Alistair's background in providing medical care in challenging environments and advanced security qualifications has equipped him with exceptional skills in crisis management and compassion.



Claire Walker Director of Sales

Claire is our dedicated Mental Health First Aid Lead, bringing a wealth of experience from her long career in education. Claire's passion for supporting mental well-being, combined with her deep understanding of educational environments, makes her an invaluable resource for our team. Claire is committed to fostering a culture of care.



The Lazarus Team

Training and operational personnel

Bringing together a wealth of knowledge and experience from Military, Emergency Services and commercial backgrounds.

Contact Us



Warren House
10-20 High Street
Hockley
Essex
SS5 4QS

0800 242 5210
www.lazarustraining.co.uk
info@lazarustraining.co.uk