

## Sample Outline

# Control and Restraint / Safe Holding Training / Restrictive Physical Intervention Course

### Summary of Outcomes:

By the end of the course, delegates should be able to:

1. Understand the Law in relation to the use of physical restraint.
2. Evaluate the risks associated with physical restraint and consider methods to reduce the risks.
3. Demonstrate non-harmful methods of control and how to safely apply them
4. Where required demonstrate more restrictive methods of control and when they should be used

### Programme:

- Introduction to the dangers of restraint
- Criminal & Common Law in relationship to restraint
- The Children's Act (If required) / Health & Safety at Work Legislation
- Human Rights Acts / Deprivation of Liberty (DOL) issues
- The use of your communication skills to prevent restraint wherever possible
- Positional asphyxia risks
- Corporate manslaughter act – and how it effects you
- Introduction to the holds to be used in restraint
- The use of non-pain compliant methods of control – 2,3 and 4 man teams
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits
- From figure of four into thumb in palm techniques
- The different approaches using 2 or 3 in the team
- To the chair, the rest position, and defusing / Change overs
- Taking clients through door ways

(cont...)

- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment
- Controlled take down onto the knees then into the prone position
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone
- From prone into supine position / Rest position in supine / Take up from supine position
- Techniques for seclusion (If required)
- Demonstration of techniques that should not be used
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what “ifs”
- Remember the most important aspect is to try to defuse and de-escalate – if possible try to avoid restraint

### **Pre-requisites**

For those delegates who have no experience of restrictive physical intervention a 2 day course is required. Those with experience need only attend a 1 day course.

The below are the basic compulsory parts of the course

- Therapeutic Breakaway Techniques
- 2 & 3 Person Holding, standing and seated
- Full restraint techniques
- Medical risks of restraint
- Legal aspects
- Human rights
- Legislation in accordance with CFSMS, NICE, ICM guidelines, all wales Passport, and NIMHE
- Conflict resolution including, but not limited to management of violence and aggression
- Lone Worker training

(cont...)

**Note:**

This is a sample course outline, we always customise to your organisation and the situational challenges that your staff may face. We look forward to working with you.

**More:**

To discuss this course for your organisation,

**Contact John Davies today on 01446 740 411**

Or email: [info@basistraining.co.uk](mailto:info@basistraining.co.uk)