

Sample Outline

3 & 4 Day Prevention & Management of Violence and Aggression Course

The 3 day Prevention and Management of Violence and Aggression (PMVA) and Management of Violence & Aggression (MOVA) Training course has been designed and developed to meet the needs and expectations of customers whose employees regularly deal with violence or aggression during the course of their work and, who need to employ all the skills from conflict management to breakaway and/or physical restraint. The course is delivered over 3 days and is useful for restraint training for care workers and builds on a frame work of knowledge underpinned by current Law, Regulations and Guidance.

The 4 day course is for those delegates who are working within a high risk environment where more emphasis will be placed on the breakaway and restraint part of the training giving those attending far more practice time.

The following information gives an overview of the topics covered during the 3 days. Candidates are expected to actively participate in group exercises, general discussion and will be required to demonstrate effective team working skills. A requirement of all candidates is a reasonable level of fitness and general health in order to participate in the physical elements of the course and all candidates will need to complete a fitness questionnaire in order to ascertain this.

Summary of Outcomes Day One:

1. Develop an understanding of Law relating to the management of conflict
2. Assess & apply a risk assessment to all risks associated with dealing with conflict
3. Understand the importance of effective communication skills
4. Understanding the risks associated with lone working & applying principals of safe working
5. Identify post incident support & reporting procedures within your organisation
6. Realise that breakaway & self-defence techniques are only used when all other options have failed.
7. Assess, & use your environment, thus working out the quickest possible escape route, to minimise confrontation.

Programme Day 1 Outline:

- Introduction to workplace violence.
- Understanding Reasonable Force: Common Law, Understanding Reasonable Force: Section 3 (1) of the Criminal Law Act 1967, Human Rights Act Article 2
- Health and Safety at Work Legislation: Sections 2, 3, 7 & 8
- Regulations 3, 8 and 14 of Managing Health and Safety at Work
- Self awareness
- Proactive service delivery
- Communication skills
- Signalling non aggression
- Defusing and calming
- High risk conflict
- Lone working protocol
- Post incident support
- Have an understanding of how the suing culture works and defence against it.
- Escape from wrist grabs, body grabs, hair & clothing grabs.
- Breakaway from strangulations including attacker using ligatures.
- Dealing with punches, head butts, kicks, & groin attacks.
- How to deal with assaults whilst on the floor.
- Intervention techniques to break up fights
- Use of defensive body positioning & personal space.
- Aspects of good communication skills.
- The “what if’s”.

Summary of Outcomes Day Two:

To achieve the outcomes a student must:

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-pain compliant methods of control and how to safely apply them
4. Where required demonstrate more restrictive methods of control and when they should be used
5. Understand the importance of Incident reports and de-briefing for all involved in restraint

Programme Day 2 & 3 Outline:

- 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
- 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
- Demonstration of techniques that should not be used
- Incident Reporting and De-briefing

(cont...)

- 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

Programme Day 4 Outline:

On the fourth day for high risk environments the following will be covered with more practice time:

- Restrictive methods of control (flexion, finger & thumb hold)
- 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 and releases to leave
- Trouble drills
- Interventions for emergency medical aid

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