

# AVADE<sup>®</sup>

WORKPLACE VIOLENCE PREVENTION

## HEALTHCARE DEFENSIVE TACTICS SYSTEM™ (HDTS)

### COURSE OBJECTIVES



Education, Prevention, and Mitigation for Violence in the Workplace

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# AVADE® Healthcare Defensive Tactics System™

## Modules and Objectives

**This training and education is designed to empower officers and increase awareness, knowledge, skills, and responses with regard to use of force, control and restraint, and self-defense.**

The AVADE® Healthcare Defensive Tactics System™ (HDTS™) is designed to equip public safety officers with essential skills for handling aggressive individuals safely in healthcare settings. The program covers the use of force, defensive tactics, escort techniques, handcuffing, and weapon retention. It emphasizes legal and ethical considerations while focusing on minimizing injury and liability. With modular training on key strategies like decentralization, defensive blocking, and post-incident documentation, the HDTS™ helps officers protect themselves, others, and the public while maintaining control in high-stress situations.

### USE OF FORCE AND SELF-DEFENSE

The learner will be able to distinguish between the different levels of force, understand the legal and ethical aspects of self-defense, including the use of force continuum, and articulate reasonable force in different situations.

### DEFENSIVE TACTICS FUNDAMENTALS

The learner will be able to understand and perform the fundamentals of defense. They will also be able to articulate that the fundamentals are a foundation to build upon regarding defensive tactics.

### CONTACT AND COVER TEAM POSITIONING

The learner will be able to understand and perform the team tactics for defensive control. They will also be able to demonstrate the importance of having a team to control someone who is out of control.

### ESCORT STRATEGIES AND TECHNIQUES

The learner will be able to understand and perform two escort techniques. They will also be able to incorporate team tactics for escorting an individual.

## **CONTROL AND DECENTRALIZATION**

The learner will be able to understand and perform three control techniques for a situation where an individual is physically combative. They will also be able to articulate the justification for using any of the control and decentralization techniques.

## **HANDCUFFING TECHNIQUES**

The learner will be able to demonstrate proficiency in handcuffing tactics, including proper positioning and effective application of handcuffs while the subject is standing, kneeling, or in a prone position, ensuring the safe and secure restraint of the subject.

## **DEFENSIVE BLOCKING TECHNIQUES**

The learner will be able to understand and perform seven defensive blocking techniques. They will also be able to articulate the importance of blocking and how physically violent individuals attack the human body.

## **PERSONAL DEFENSIVE TECHNIQUES**

The learner will be able to understand and perform eight personal defensive techniques. They will also be able to articulate the justification for using any of the personal defense techniques.

## **WEAPON RETENTION TECHNIQUES**

The learner will be able to demonstrate retention techniques, encompassing holster awareness, holster retention, elbow retention, and single-hand and two-hand retention techniques, ensuring the safe and secure control and retention of their weapon/defensive tool.

## **POST-INCIDENT RESPONSE AND DOCUMENTATION**

The learner will be able to comprehend the importance of post-incident response and post-incident documentation. They will also understand the components of writing an intelligent and articulate incident report.

## **HEALTHCARE RESTRAINT HOLDS AND APPLICATIONS**

The learner will demonstrate proficiency in healthcare restraint techniques, including restraint awareness, proper positioning during restraint application, identification and management of restraint risk factors, and implementation of strategies to mitigate these risk factors, ensuring the safe and effective use of restraints in healthcare settings.