

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



HEALTHCARE DEFENSIVE TACTICS SYSTEM[™]

| 1-DAY COURSE OUTLINE |

Education, Prevention, and Mitigation for *Violence in the Workplace*

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The AVADE® Healthcare Defensive Tactics System™ Program is designed to **educate, prevent, and mitigate** the risk of escalation, aggression, and violence to individuals in the workplace.

This instructor course involves exercises, group interaction, discussion, lecture, and hands-on training. **AVADE® Defensive Tactics System™** training is modular-based and can be adapted into a variety of scheduling and training dynamics.

AVADE® Healthcare Defensive Tactics System™ 1-Day Course

In this 1-day (8-hour) **AVADE® Healthcare Defensive Tactics System™** course, participants will learn how to effectively and safely defend themselves and others, and control a person that is out of control.

- All participants will receive the **AVADE® Healthcare Defensive Tactics System™** Student Guide and Certificate of Completion.
- **AVADE® Healthcare Defensive Tactics System™** training is nationally recognized and court defensible.
- **AVADE® Healthcare Defensive Tactics System™** training 1-day certification cost—\$2,997.00 per course (up to 20 participants).

AVADE® Healthcare Defensive Tactics System™ Student Training Requirements

- **AVADE® Healthcare Defensive Tactics System™** 1-day training course certification.
- The student must pass the 25-question written exam with an 80% or better.
- One retest is allowed. If the student fails re-test, the course must be taken over again.
- Recertification for Healthcare is required annually.
- Recertification for Corporate is required every other year. There is no time requirement for recertification. **Yearly training is recommended.**
- Recertification qualification = pass written test and skills test again.

Introduction

- AVADE[®] Healthcare Defensive Tactics System[™]
- AVADE[®] Training Safety Rules
- AVADE[®] Healthcare Defensive Tactics System[™] Modules and Objectives

Module 1: Use of Force and Self-Defense

- Awareness of Liability Risk
- Center for Medicaid Services
- What Is Self-Defense?
- Lawful Use of Defense
- Levels of Force Continuum
- Subject's Actions vs. Officer's Actions
- Lawful Use of Force
- Subject and Officer Factors
- Increasing Levels of Force
- Vulnerable Areas of the Body
- Agency Policies and Procedures

Module 2: Defensive Tactics Fundamentals

- Defensive Tactics Fundamentals Overview
- On Target Training
- *Exercise: Stance | Balance | Stability: The Bladed Stance*
- *Exercise: Defensive Movements—Forward Shuffle*
- *Exercise: Defensive Movements—Rear Shuffle*
- *Exercise: Defensive Movements—Side-to-Side Shuffle*
- *Exercise: Defensive Movements—Forward and Rear Pivoting*
- *Exercise: Robot Exercise*
- *Exercise: Core Energy Principle*
- Defensive Verbalization
- The Art of Distraction
- Escape Strategies
- *Exercise: Reactionary Gap*
- Hand Positions

Module 3: Contact and Cover Team Positioning

- Contact (Team Leader)
- Cover (Team Members)
- *Exercise: Initial Contact Front—1-Person*
- *Exercise: Initial Contact Front—2-Person*
- *Exercise: Initial Contact Rear—1-Person*
- *Exercise: Initial Contact Rear—2-Person*
- *Exercise: Contact and Cover—2-Person*
- *Exercise: Contact and Cover—3-Person*

Module 4: Escort Strategies and Techniques

- Escort Strategies and Techniques Overview
- Exercise: Escort Strategies and Techniques—1-Person
- Exercise: Escort Strategies and Techniques—2-Person
- Exercise: Hands-On Escort Technique—1-Person
- Exercise: Hands-On Escort Technique—2-Person

Module 5: Control and Decentralization

- Control and Decentralization Overview
- Exercise: One-Arm Takedown
- Exercise: Prone Control Position
- Exercise: Standing the Prone Subject
- Exercise: Escorting the Combative Subject
- Exercise: Rear Arm Control Technique—1-Person
- Exercise: Rear Arm Control Technique—2-Person
- Exercise: Wall Control Technique (Optional)

Module 6: Handcuffing Techniques

- Handcuff Nomenclature
- Loading Your Handcuffs
- Care and Maintenance
- Handcuffing Stance and Grip
- Handcuff Key and Holder
- Proper Placement and Fit
- Always Double-Lock Handcuffs
- Exercise: Standing Handcuffing Technique
- Exercise: Kneeling Handcuffing Technique
- Exercise: Prone Handcuffing Technique
- Exercise: Prone Handcuffing Technique (Partner-Assisted)
- Exercise: Standing the Prone Handcuffed Subject
- Escorting Handcuffed Subjects
- Handcuffing Tips and Warnings

Module 7: Defensive Blocking Techniques

- Defensive Blocking Techniques Overview
- Exercise: Shoulder Block Defense
- Exercise: Elbow Block Defense
- Exercise: Turtle Block Defense
- Exercise: High Block Defense
- Exercise: Middle Block Defense
- Exercise: Outside Block Defense
- Exercise: Low Block Defense

Module 8: Personal Defensive Techniques

- Personal Defensive Techniques Overview
- *Exercise: Palm Heel Defense*
- *Exercise: Fist Defense (Closed Hand)*
- *Exercise: Hammer Fist Defense*
- *Exercise: Forearm Defense*
- *Exercise: Elbow Defense*
- *Exercise: Knee Defense*
- *Exercise: Kick Defense*

Module 9: Weapon Retention Techniques

- Weapon Retention Techniques Overview
- *Exercise: Single-Handed and Two-Handed Weapon Retention*
- *Exercise: Holstered Weapon Retention (Holster and Elbow)*

Module 10: Post-Incident Response and Documentation

- Post-Incident Response
- Elements of Reporting Force
- Post-Incident Documentation

Module 11: Healthcare Restraint Holds and Applications

- Use of Restraints
- *Exercise: Supine Holding Position*
- *Exercise: Supine Restraint Position*
- Supine Holding Hand Positions
- Restraint Placement
- Restraint Fit
- Locking Restraints
- Six Core Strategies[®] for Reducing Seclusion and Restraint Use Alignment
- Risk Factors for Restraints
- Strategies for Reducing Risk
- Chemical Restraints (Emergency Medications)
- Positional Asphyxia
- Excited Delirium



CONTACT US TODAY!

Get started by requesting a **FREE** Training Proposal
Reach us at **866.773.7763** or **avadetraining.com**