

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**[™] Training program is designed to **empower officers, increase awareness, knowledge, and skills** in use-of-force, self-defense, and defense of others with defensive tactics techniques.

ARE YOU PREPARED TO CONTROL AN ESCALATED SITUATION?

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.

The course involves group interaction, discussion, lecture, and practice exercises (skills/drills). The **AVADE**[®] **Healthcare Defensive Tactics System**[™] Training is modular-based and can be adapted into a variety of scheduling and training dynamics.

- 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. (For Up to 20 Participants)

➤ Introduction

- Introduction to **AVADE**[®] **Healthcare Defensive Tactics System**[™] Training
- The First Rule of Training = Safety
- Modular-Based Training
- Modules & Objectives

▶ **Module One - Use of Force & Self-Defense**

- Awareness of Liability Risks
- Agency Policies & Procedures
- What is Self-Defense?
- Lawful Use of Force & Self-Defense
- Levels of Force Continuum
- Subjects Actions | Officer's Actions
- Increasing the Level of Force
- Vulnerable Areas of the Body
- Low Risk Target Areas
- Medium Risk Target Areas
- High Risk Target Areas

▶ **Module Two - Defensive Tactics Fundamentals**

- Fundamentals
- The Bladed Stance
- Defensive Movements
- Core Energy Principle
- Defensive Verbalization
- The Art of Distraction
- Escape Strategies
- Reactionary Gap
- Hand Positions

▶ **Module Three - Contact & Cover Team Positioning**

- Initial Contact | 1 Person
- Initial Contact | 2 Person
- Contact & Cover Positioning

› **Module Four - Escort Strategies & Techniques**

- Escort Technique | 1 Person
- Escort Technique | 2 Person
- Hands-On Escort Technique | 1 Person
- Hands-On Escort Technique | 2 Person

› **Module Five - Control & Decentralization Techniques**

- One Arm Takedown
- Prone Control Positions
- Positional Asphyxia
- Rear Arm Control Technique | Part 1
- Rear Arm Control Technique | Part 2

› **Module Six - Handcuffing Techniques (Optional)**

- Handcuffing Nomenclature
- General Handcuffing Guidelines
- Proper Fit & Placement | Double Locking
- Standing Handcuffing Techniques
- Kneeling Handcuffing Technique
- Prone Handcuffing Technique
- Standing the Prone Handcuffed Subject
- Escorting the Handcuffed Subject

▶ **Module Seven - Defensive Blocking Techniques**

- Shoulder Block Defense
- Elbow Block Defense
- Shoulder Block Defense
- Turtle Block Defense
- High Block Block Defense
- Middle Block Defense
- Outside Block Defense
- Low Block Defense

▶ **Module Eight - Personal Defense Skills & Techniques**

- Palm Heel Defense
- Fist Defense
- Hammer Fist Defense
- Forearm Defense
- Elbow Defense
- Knee Defense
- Kick Defense

▶ **Module Nine - Weapon Retention Techniques**

- Holstered Weapon Retention
- Elbow Retention Technique
- Single Hand Retention Technique
- Two Hand Retention Technique

▶ **Module Ten - Post-Incident Response & Documentation**

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

▶ **Module Eleven - Healthcare Restraint Holds & Applications**

- Policies & Procedures for Restraining Patients
- Standing the Prone Subject | Part 1
- Standing the Prone Subject | Part 2
- Placing the Patient Onto Bed
- Holding Positions for Restraining
- Restraint Applications
- Use of Restraints
- Risk Factors for Restraints
- Strategies for Reducing Risk
- Chemical Restraints
- Positional Asphyxia

▶ **AVADE**[®] **HDTS**[™] Student Training Requirements

- **AVADE**[®] **Healthcare Defensive Tactics System**[™] 1-Day Training Course Certification.
- Student Must Pass the Twenty Five Question Written Exam With an 80% or Better.
- One Retest is Allowed. If Student Fails Re-Test, Course Must Be Taken Over Again.
- Student Must Pass the Proficiency Skills Test With an Acceptable Rating.
- Recertification for Healthcare is Required Annually.
- Recertification for Corporate Required Every Other Year. (No Time Requirement for Recert)
**Yearly Training is Recommended.*
- Recertification Qualification = Pass Written Test & Skills Test Again.