

# AVADE<sup>®</sup>

WORKPLACE VIOLENCE PREVENTION



## HEALTHCARE DEFENSIVE TACTICS SYSTEM<sup>™</sup>

| INSTRUCTOR COURSE OUTLINE |

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

1.866.773.7763 • [personalsafetytraining.com](http://personalsafetytraining.com) • [avadetraining.com](http://avadetraining.com)

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The **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> 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.

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

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## **AVADE**<sup>®</sup> **HEALTHCARE DEFENSIVE TACTICS SYSTEM**<sup>™</sup> **INSTRUCTOR CERTIFICATION COURSE**

Upon successful completion of the 2-Day (16-Hour) **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Training program, Instructors will receive the following:

- **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> 3-year In-House Instructor Certification

Authorization to Train and Certify Staff in the:

- **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> 1-Day Certification Course
- **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Recertification Course
- **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Modular-Based Training

The **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Instructor Package Includes:

- Access to the **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Instructor Portal
- **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Instructor Manual
- **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Student Handouts and Training Forms
- Be Safe Not Sorry - The Art and Science of Keeping YOU and Your Family Safe From Crime and Violence
- Maintenance of Training Records
- Continual Support From **AVADE**<sup>®</sup> | Personal Safety Training Inc.

## ▶ **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**<sup>®</sup> **HDTS**<sup>™</sup> Instructor Training Requirements

- Once Certified, the Instructor Shall Provide Training in the **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Training Program to Individuals in YOUR Agency Only.
- Each Person Trained by The Certified **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Instructor Must Receive an **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Student Guide for Initial Certification and Every Two Years Thereafter. The **AVADE**<sup>®</sup> **Healthcare Defensive Tactics System**<sup>™</sup> Instructor is Responsible for Purchasing the Student Guides From Personal Safety Training Inc. *\*Copying of the Guides is Strictly Prohibited by Copyright Laws.*
- Instructor Must Pass the Thirty Five Question Written Exam with an 85% or Better.
- Instructor Must Pass a Trainers Presentation With an Acceptable Rating.
- Instructor Must Pass a Proficiency Skills Test With an Acceptable Rating.
- Instructor Must Adhere to All Requirements and Guidelines Set Forth in this Instructors Manual.
- Recertification as an Instructor is Required Every Three Years.