

# AVADE<sup>®</sup>

WORKPLACE VIOLENCE PREVENTION



## HOME HEALTH CARE

| 1-DAY COURSE OUTLINE |

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

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The **AVADE<sup>®</sup> Home Health Care** Training program is designed to **educate, prevent, and mitigate** the risk of *violence in home health environments*.

In this 1-day (8-hour) **AVADE<sup>®</sup> Home Health Care** course, participants will learn how to effectively create, develop, and enhance their personal safety with skills, habits, and defensive actions.

This course involves interactive exercises which will increase the retention and application of the material. Participants will learn strategies and techniques to avoid and prevent violence in home health care situations.

- All Participants Will Receive the **AVADE<sup>®</sup> Home Health Care** and Certificate of Completion.
- **AVADE<sup>®</sup> Home Health Care** Training is Nationally Recognized and Court Defensible.
- **AVADE<sup>®</sup> Home Health Care** Training 1-Day Certification Cost – \$2,997.00 per course.  
(For Up to 20 Participants)

## ➤ Introduction

- What is **AVADE<sup>®</sup>** Training?
- What is Workplace Violence?
- Workplace Violence Defined
- The Myth of Workplace Violence
- Crime and Violence in Healthcare
- The **AVADE<sup>®</sup>** Principles
- **AVADE<sup>®</sup>** Modules & Objectives
- Personal Safety Habits
- Developing Habits

## ➤ Awareness

- Awareness
- Risk Factors to Workplace Violence
- General Safety Measures
- Levels of Awareness
- Self-Awareness
- Emotional Awareness
- The Amazing Mind
- Situational Awareness
- Environmental Awareness
- Driving Concerns
- Parking Perspectives
- Unconscious Awareness
- Mental Movies & Impressing the Unconscious Mind
- Higher Awareness
- Developing & Increasing Awareness

## ➤ Vigilance

- Vigilance
- Hypervigilance
- The Five Senses
- Trust Your Intuition
- Using Your Intuition
- Messages of Intuition
- Developing Intuition
- Stop | Look | Listen
- Home Concerns
- Entering the Home

## ➤ Avoidance

- Who Commits Violence?
- Characteristics of Individuals Who Commit Violence
- Stranger Violence
- What is a Predator
- Predator-Prey & Adaptation
- The Reverse Lineup
- Predator Characteristics
- Prey Paradigms
- Prey Characteristics
- Hard Target vs. Easy Target
- Confident-Assertive-Defensive Presence
- Guest | Client | Patient Violence
- Lateral Violence
- Lateral Violence Symptoms
- Domestic Violence
- Observable Behaviour May Suggest Possible Domestic Victimization
- Protect Yourself From Domestic Violence in the Workplace
- Imminent Threat of Domestic Violence in the Workplace
- Developing Your Avoidance Ability
- Extreme Violence

## › Interpersonal Communication Skills

- Interpersonal Communication Skills
- Interpersonal Communication Involves
- Developing Your Communication Skills
- The Power of Influence
- The Three I's of Eye Communication
- Body Language
- Postures & Gestures
- Hands | Watch the Hands
- The "Right" Angle
- Components of the Assault Cycle
- Signs & Symptoms of Stress
- Stress De-Escalation
- Signs & Symptoms of Anger
- Anger De-Escalation
- Signs & Symptoms of Intoxication
- Intoxication De-Escalation
- Signs & Symptoms of Combat
- Strategies to Avoid Physical Harm
- Signals of Submission
- Developing Interpersonal Communication Skills

## ▶ Defense of Self & Others

- What is Self-Defense?
- The Attitude of Self-Defense
- Assault
- Types of Assault
- Lawful Use of Defense
- Reasonable Force
- Reasonable Belief
- Deadly Force
- Excessive Force
- Weapons
- Civilian Levels of Defense
- Post-Incident Response
- Post-Incident Documentation

## ▶ Stress Management

- What is Stress?
- Types of Stress
- Fear
- Fight | Flight | Freeze
- Putting the Brakes on the Fight | Flight | Freeze
- Managing Your Stress
- Strategies for Managing Your Stress
- Post-Incident Stress Debriefing
- Critical Incident Stress Debriefing

## ▶ Time & Distance

- Time or Distance
- OODA Loop
- Weapons & Time | Distance
- Dangerous Weapons in YOUR Workplace
- The Art-of-Distraction

## ▶ Escape Planning

- Escape Planning
- Developing Escape Plans
- Own the Door
- Improper Positioning
- Dominant Hand | Proper Positioning
- The “Right” Angle
- Spatial Empathy
- Proper Escorts
- Relationship Escape Plans

## › Environmental Factors

- Environmental Safety Factors
- Safety Mirrors
- Lighting
- Cameras | CCTV
- Panic Alarms
- Private Places
- Access Control
- Staff Identification
- Parking Lot Safety
- Obstacles Around You
- Telephone Safety

## › Emergency Codes & Procedures

- Emergency Codes
- Robbery Code
- Combative Person Code
- Combative Person Team Positioning
- Weapon Code
- Active Shooter
- Surviving an Active Shooter
- Personal Codes for Alerting Others

## › Safety Rules

- Self-Defense Awareness



## › Fundamentals of Self-Defense

- Stance | Balance | Stability
- Defensive Movements
- Robot Exercise
- Core Energy Principle
- Defensive Verbalization
- Distraction Techniques
- Escape Strategies
- Reactionary Gap
- Hand Positions

## › Defensive Blocking

- Deflective Blocks
- Shoulder Block
- Elbow Block
- Turtle Block
- High Block
- Middle Block
- Outside Blocks
- Low Block

## ▶ Personal Defensive Techniques

- Palm Heel Defense
- Fist Defense
- Hammer Fist Defense
- Forearm Defense
- Elbow Defense
- Knee Defense
- Kick Defense
- Vulnerable Areas of the Body

## ▶ Self-Defense Techniques

- One Hand Wrist Grab Defense
- Two Hand Wrist Grab Defense
- Bite Defense
- Hair Pull Defense
- Front Choke Defense
- Front Choke Defense | Special Situation
- Rear Airway Choke Defense
- Rear Carotid Defense
- Rear Bear Hold Defense
- Ground Defenses
- Gun Threat Response Defense
- Knife Threat Response Defense

## ▶ Elements of Reporting Self-Defense or Force

- Report & Documentation | Post Responses
- Civilian Levels of Defense

## ▶ **AVADE<sup>®</sup> Home Health Care Student Training Requirements**

- **AVADE<sup>®</sup> Home Health Care** 1-Day Training Course Certification.
- Student Must Pass the Ten Question Written Exam With an 70% 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 Qualification = Pass Written & Skills Test Again.