

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



DEFENSIVE CONTROL TACTICS & TECHNIQUES

| 1-DAY COURSE OUTLINE |

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

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The **AVADE[®] Workplace Violence Prevention** Training program is designed to **educate, prevent, and mitigate** the risk of *violence in the workplace*.

In this 1-Day (8-Hour) **AVADE[®] WPV Defensive Control** course (with WPV Prevention, De-Escalation, & Defensive Control Tactics), participants will learn how to effectively create, develop, and enhance their personal safety with skills, habits, and actions. Participants will learn strategies and techniques to avoid and prevent violence in the workplace.

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

- All Participants Will Receive the **AVADE[®] WPV Prevention** Advanced Student Guide and Certificate of Completion.
- **AVADE[®] WPV Defensive Control** Training is Nationally Recognized and Court Defensible
- **AVADE[®] WPV Defensive Control** Training 1-Day Certification Cost – \$2,997.00 per course.
(For Up to 20 Participants)

➤ Introduction

- What is **AVADE[®]** Training?
- What is Workplace Violence?
- Workplace Violence Defined
- The Myth of Workplace Violence
- Crime & Violence in the Workplace
- The **AVADE[®]** Principles
- **AVADE[®]** Modules & Objectives
- General Personal Safety Measures
- Personal Safety Habits
- Developing Habits
- Benefits of **AVADE[®]** Training

➤ Awareness

- Awareness
- Worker Risk Factors to WPV
- Levels of Awareness
- Self-Awareness
- Emotional Awareness
- Situational Awareness
- Environmental 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

➤ Avoidance

- Who Commits Violence?
- Characteristics of Individuals Who Commit Violence
- Stranger Violence
- What is a Predator?
- Predator-Prey & Adaptation
- The Reverse Lineup
- Predator Characteristics
- Predator Paradigms
- Prey Characteristics
- Hard Target vs. Easy Target
- Confident-Assertive-Defensive Presence
- Guest | Client Violence | 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

› 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
- Posture & 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
- Signs & Symptoms of Submission
- Developing Interpersonal Communication

› Stress Management

- What is Stress?
- Types of Stress
- Fear
- Fight | Flight | Freeze
- Putting the Brakes on the Fight | Flight | Freeze

› Time & Distance

- Time or Distance = Safety
- OODA Loop
- Weapons & Time | Distance
- Dangerous Weapons in YOUR Workplace

› Escape Planning

- Escape Planning
- Improper Positioning
- Own the Door

› Emergency Codes & Procedures

- Active Shooter
- Surviving an Active Shooter

› Safety Rules

- Use of Force Awareness

▶ Fundamentals of Defensive Tactics

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

▶ Contact & Cover Positioning

- Initial Contact
- Proper Hand Positions
- 1 & 2 Person
- Contact Cover Strategy
- Contact & Cover With Initial Contact

▶ Escort Strategies & Techniques

- ABC's of the Escort
- Escort | 1 & 2 Person
- Hands-On Escort | 1 & 2 Person

▶ Control & Decentralization Techniques

- One Arm Takedown
- Prone Control Positioning | Kneeling & Standing
- Standing the Prone Subject
- Positional Asphyxia
- Rear Arm Control

▶ Special Healthcare Module

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

▶ **AVADE[®] WPV Prevention Student Training Requirements**

- **AVADE[®] WPV Defensive Control** 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 for Corporate Required Every Other Year. (No Time Requirement for Recert)
**Yearly Training is Recommended.*
- Recertification Qualification = Pass Written Test & Skills Test Again.