

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



CLASSROOM & HANDS-ON

| 2-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 2-Day (16-Hour) **AVADE[®] WPV Self-Defense & Defensive Control** course (with WPV Prevention, De-Escalation, Self-Defense, & 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 Self-Defense & 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[®] AVADE[®] WPV Self-Defense & Defensive Control** Training is Nationally Recognized and Court Defensible
- **AVADE[®] WPV Self-Defense & Defensive Control** Training 2-Day Certification Cost – \$5,994.00 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

[Continued]

➤ 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

[Continued]

➤ 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 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

[Continued]

› 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

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› 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

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▶ Time & Distance

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

▶ Escape Planning

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

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▶ Environmental Factors

- Environmental Safety Factors
- Safety Mirrors
- Cameras | CCTV
- Lighting
- 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

[Continued]

Day 2 | **Level II** Course Outline
Self-Defense Tactics & Techniques

▶ **Safety Rules**

- Self-Defense Awareness

▶ **Fundamentals of Defensive Tactics**

- 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

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▶ Personal Defensive Techniques

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

▶ Self-Defense Techniques From the Most Common Attacks

- 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

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Day 3 | **Level III** Course Outline Defensive Control Tactics & Techniques

▶ **Safety Rules**

- Self-Defense Awareness

▶ **Fundamentals of Defensive Tactics**

- Stance | Balance | Stability
- Defensive Movements
- Robot Exercise
- 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
- Contact & Cover With Hands-On Escort

› Control & Decentralization Techniques

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

› Elements of Reporting Force

- Post-Incident Response
- Post-Incident Documentation

› Special Healthcare Module

- Policies & Procedures for Restraining Patients
- Standing the Prone Subject | Part 1
- Standing the Prone Subject | Part 2
- Placing 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 Self-Defense & Defensive Control** 2-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.



CONTACT US TODAY!

Get started by requesting a **FREE** Training Proposal.

Call now, Toll Free: **866.773.7763**