

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



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| 2-HOUR COURSE OUTLINE |

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

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

AVADE[®] Workplace Violence (WPV) Prevention Certification Course

In this 2-hour **AVADE[®] WPV Prevention Course**, 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 Prevention** training is modular-based and can be adapted into a variety of scheduling and training dynamics.

- All participants will receive the **AVADE[®] WPV Prevention** Basic Student Guide and Certificate of Completion.
- **AVADE[®] WPV Prevention** training is nationally recognized and court defensible.
- **AVADE[®] WPV Prevention** training 2-hour certification cost—\$1,697.00 per course (up to 20 participants).

Introduction

- Introduction to Violence in the Workplace
- AVADE[®] Workplace Violence Prevention Training
- Have You Experienced Workplace Violence?
- Barriers to Reporting Incidents of Workplace Violence
- Workplace Violence Defined
- The Myths of Workplace Violence
- Crime and Violence in Society
- AVADE[®] WPV Safety Principles
- AVADE[®] System Exercise
- WPV Prevention Level I Modules and Objectives
- *Exercise: Commitment*
- Benefits of AVADE[®] WPV Prevention Training

Module 1: Awareness

- Awareness Defined
- Increase Your Awareness of Risks to WPV
- Self-Awareness
- Emotional Awareness
- Situational Awareness
- Environmental Awareness
- 360° View of Awareness
- Unconscious Awareness
- Higher Awareness

Module 2: Vigilance

- Vigilance Defined
- Have You Ever . . . ?
- Is There a Sixth Sense?
- Using Your Intuition
- Messages of Intuition

Module 3: Avoidance

- Who Commits Violence?
- Characteristics of Individuals Who Commit Violence
- **OSHA Type I: Stranger Violence**
- What Is a Predator?
- Predator-Prey and Adaptation
- Predator Characteristics
- Don't Be Easy Prey
- Hard Target vs. Easy Target
- Prey (Victim) Characteristics: Easy Target
- **OSHA Type II: Patient/Client Violence**
- Examples of Patient/Client Violence
- **OSHA Type III: Lateral Violence**
- Examples of Lateral Violence
- Warning Signs of Lateral Violence
- **OSHA Type IV: Domestic Violence**
- Examples of Domestic Violence
- **Type V: Extreme Violence**
- Examples of Extreme Violence

Module 4: Interpersonal Communication Skills

- Interpersonal Communication Fundamentals
- Understanding Interpersonal Communication Skills
- The 5 Habits of De-Escalation
- The Assault Cycle
- The Five Stages of the Assault Cycle
- The Triggering Phase: Upset/Stressed Individuals
- Signs and Symptoms of Stress
- Stress De-Escalation Techniques
- Learning to Ask the Right Questions
- The Escalation Phase: Angry/Aggressive Individuals
- Signs and Symptoms of Anger
- Anger De-Escalation Techniques
- De-Escalating Intoxicated Individuals
- Signs and Symptoms of Intoxication
- Intoxication De-Escalation Techniques
- The Crisis Phase: Physically Combative/Violent Individuals
- Signs and Symptoms of Combative Physical Aggression
- Strategies to Avoid Physical Harm
- The Recovery Phase: Submission

Module 5: Defense of Self and Others

- What Is Self-Defense?
- Security/Law Enforcement Responses to Workplace Violence Incidents
- Post-Incident Response
- Post-Incident Documentation

Module 6: Stress Management

- Types of Stress
- Stress Management: Fear
- Strategies for Managing the Stress Continuum
- Strategies for Managing Your Stress Before and After an Incident of Workplace Violence
- Post-Incident Stress Debriefing

Module 7: Time and Distance

- Reaction Time (OODA Loop)
- Weapons and Time/Distance
- Dangerous Weapons in Your Workplace

Module 8: Escape Planning

- Developing Escape Plans
- *Exercise: Spatial Empathy*

Module 9: Environmental Factors

- Safety Measure #1: Safety Mirrors
- Safety Measure #2: Lighting
- Safety Measure #3: CCTV Cameras
- Safety Measure #4: Panic Alarms
- Safety Measure #5: Private Places to Avoid
- Safety Measure #6: Access Controls
- Safety Measure #7: Staff Identification
- Safety Measure #8: Parking Lot Safety
- Safety Measure #9: Obstacles Around You
- Safety Measure #10: Telephone Safety

Module 10: Emergency Codes and Procedures

- Active Shooter Code/Response
- Active Shooters: What We Know
- Active Shooter Characteristics
- Rules for Surviving an Active Shooter
- Stop the Bleed
- Law Enforcement Role in an Active Shooter Situation

AVADE[®] WPV Prevention Student Training Requirements

- **AVADE[®] WPV Prevention** 2-hour training course certification.
- The student must pass the 10-question written exam with an 70% or better.
- One retest is allowed. If the student fails re-test, the course must be taken over again.
- Recertification for Healthcare is required annually.
- Recertification for Corporate is required every other year. There is no time requirement for recertification.
- **Yearly training is recommended.**
- Recertification qualification = pass written test and skills test again.



CONTACT US TODAY!

Get started by requesting a **FREE** Training Proposal
Reach us at **866.773.7763** or **avadetraining.com**