



# BREAKAWAY/ SAFE ESCAPE/ PMVA/PBM/ MOVA/MVA/MAV TRAINING

EMPOWERING YOU TO TAKE CONTROL



TEL: +44 (0) 7542 855932  
EMAIL: [INFO@BRSPECIALISTS.CO.UK](mailto:INFO@BRSPECIALISTS.CO.UK)  
[WWW.BRSPECIALISTS.CO.UK](http://WWW.BRSPECIALISTS.CO.UK)

**It's all about our techniques.  
Size & strength are not an issue.**

**Over 30 years of experience delivering  
successful personal safety training**



# COURSE OVERVIEW

This course is designed to equip staff with the skills necessary to breakaway from an aggressive situation where the defusing and de-escalation techniques have failed and they are being physically assaulted. It is a practical course requiring active participation from course delegates.

The course is presented in an informal manner so that delegates can relax and enjoy the learning experience.

# SUMMARY OF OUTCOMES

By the end of the course, delegates should be able to:

- Realise that breakaway & self-defence techniques are only used when all other options have failed.
- Understand the Law in relation to the use of force for personal Defence and / or the Defence of others. The Common and Criminal Law, including the meaning of 'Reasonable Force' with reference to Section 3(1) of The Criminal Law Act 1967, in relation to Defence of self and / or others
- Understand how Health & Safety legislation is there for your benefit. The various elements of Health and Safety Statute and associated Health and Safety Regulations that relate to the use of physical force in the workplace, including what is meant by : 'common-law duty of care',
- Health and Safety at Work Act etc 1974, sections 2, 3, 7 and 8
- The Management of Health and Safety at Work Regulations 1999, Regulations 3, 8 and 14.
- Apply the correct & safest way to defend themselves from a variety of wrist & body grabs whilst standing, seated behind a desk, in a bed situation, and whilst in a car for those in the community.
- Know the quickest & safest escape from strangles.
- How to apply an effective stance in order to deal with head butts, punches, kicks, & kneeling to the groin.
- Assess, & use your environment, thus working out the quickest possible escape route, to minimise confrontation.
- Remember this is only used as a last resort when your de-escalation & defusing techniques have failed, and to use the minimum amount of force, thus minimising any possible injury to yourself, & the assailant, & to continually remember your responsibility towards therapeutic input at all times.

All techniques have been risk assessed.



# SAMPLE PROGRAM / LEVEL 2

- Introduction to workplace violence.
- Relevant legislation dealing with violence & aggression–criminal law.
- Have an understanding of how the suing culture works and defence against it.
- Escape from wrist grabs, body grabs, hair & clothing grabs.
- Breakaway from strangulations including attacker using ligatures.
- Dealing with punches, head butts, kicks, & groin attacks.
- How to deal with assaults whilst on the floor.
- Intervention techniques to break up fights
- Use of defensive body positioning & personal space.
- Aspects of good communication skills.
- The “what if’s”.


**Please Note:** This is a sample program which can be adapted for your specific needs.

This course can be delivered as ½ day Conflict Management + ½ day Breakaway.



All Trainers are Members of the National Federation of Personal Safety (NFPS)

# ESSENTIAL INFORMATION

Essential Info	
Who should attend?	<ul style="list-style-type: none"> <li>All employees who work within an environment that places them at risk of assault from members of the public whilst in the course of doing their duty, for example, those who work alone in the community or with high-risk patient/client groups.</li> </ul>
Teaching methods	<ul style="list-style-type: none"> <li>Presentation on The Law &amp; Health &amp; Safety</li> <li>Group Discussions</li> <li>Demonstration &amp; Practice Under Observation</li> </ul>
Duration of course	<ul style="list-style-type: none"> <li>One day with 2 trainers delivering the course</li> </ul>
Number of delegate places	<ul style="list-style-type: none"> <li>Minimum 4</li> <li>Maximum 16</li> </ul>
<p>Trainers Qualifications</p> 	<ul style="list-style-type: none"> <li>Trainers are ENB A74 Qualified &amp; have Professional Membership of NFPS</li> <li>The physical aspects of the training have been risk assessed, and this goes in line with what the department of health recommends. We also have BTEC industry recognized qualifications.</li> <li>Breakaway &amp; Restraint Specialists Ltd (BRS Ltd) courses are aligned to the DfEE Guidance for Schools, NICE guidance and follow the All-Wales Passport to do with safe restraints to name a few.</li> <li>NFPS (National Federation for Personal Safety) Level 3 Diploma in the Prevention &amp; Management of Violence &amp; Aggression</li> <li>CPD (20 Hours) Attended Eric Baskind &amp; the Law in Relationship to The Use Of Force Awarded on behalf of NFPS (National Federation for Personal Safety).</li> <li>CPD (8 Hours) Attended the Online breakaway and Disengagement Training Awarded on behalf of NFPS (National Federation for Personal Safety).</li> <li>CPD (10 Hours) Attended Knives and Edged Weapons Awareness Training Awarded on behalf of NFPS (National Federation for Personal Safety).</li> <li>CPD (20 Hours) Attended the Online Positional Asphyxia Course Awarded on behalf of NFPS (National Federation for Personal Safety).</li> </ul>