

PMVA TRAINING COURSES

PMVA/PBM/MOVA/MVA/MAV/MAPA

One Refresher Course

1 DAY COURSE

Two New to PMVA Course

2 DAY COURSE

Three Advanced Course

3-4 DAY COURSE

EMPOWERING YOU TO TAKE CONTROL



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Dealing with Violence
& Aggression in the Workplace

Over 30 years of experience delivering
successful personal safety training



PMVA Package One: 1 Day Refresher Course

COURSE OVERVIEW

The PMVA Training course covers conflict management, breakaway and control and restraint all delivered together in a Prevention and Management of Violence & Aggression (PMVA) Course. Training is often a mandatory requirement for healthcare staff that work in a violent/ aggressive setting or those that are frontline workers.

We will cover communication/de-escalation, non-aggressive conflict management, hands on approaches to conflict management, things that your staff will need to diffuse and manage a potentially dangerous situation.

IMPORTANT: Package One Refresher course is for those candidates that only need to update their skills

SUMMARY OF OUTCOMES

PMVA Package One: 1 Day Refresher Course

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

1. Understand the Law in relation to the use of physical restraint.
2. Evaluate the risks associated with physical restraint and consider methods to reduce the risks
3. Demonstrate non-pain compliant methods of control and how to safely apply them and if required:
4. Demonstrate more restrictive methods of control and when they should be used.
5. Fully understand the importance of incident reports and de-briefing for all involved in restraint



SAMPLE PROGRAM /

PMVA Package One: 1 Day Refresher Course

- Refresher on Breakaway techniques
- Refresher on Laws covering restraint.
- Reminder of the use of your communication skills to prevent restraint wherever possible.
- Positional asphyxia risks
- Corporate manslaughter act – and how it affects you.
- Reminder of the holds to be used in restraint.
- The use of non-pain compliant methods of control – 2, 3 and 4 man teams.
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits.
- From figure of four into thumb in palm techniques
- The different approaches using 2 or 3 in the team.
- To the chair, the rest position, and defusing / Change overs
- Taking clients through door ways.
- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment.
- Controlled take down onto the knees then into the prone position.
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone.
- From prone into supine position / Rest position in supine / Take up from supine position
- The dangers of using prone & supine restraints & if possible, avoid them.
- Techniques for seclusion (If required)
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what "ifs".
- Remember the most important aspect is to try to defuse and de-escalate – if possible, try to avoid restraint


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



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

ESSENTIAL INFORMATION

PMVA Package One: 1 Day Refresher Course

Essential Info	
Who should attend?	<ul style="list-style-type: none"> All employees who work within an environment where there is a requirement for the use of restraint
Teaching methods	<ul style="list-style-type: none"> Group Discussions Demonstration & Practice Under Observation
Duration of course	<ul style="list-style-type: none"> One-day refresher training for those who have experience of restrictive physical intervention with 2 trainers delivering the course
Number of delegate places	<ul style="list-style-type: none"> Minimum 3 Maximum 16
Trainers Qualifications 	<ul style="list-style-type: none"> Trainers are ENB A74 Qualified & have Professional Membership of NFPS 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. Breakaway & 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. NFPS (National Federation for Personal Safety) Level 3 Diploma in the Prevention & Management of Violence & Aggression CPD (20 Hours) Attended Eric Baskind & the Law in Relationship to The Use Of Force Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (8 Hours) Attended the Online breakaway and Disengagement Training Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (10 Hours) Attended Knives and Edged Weapons Awareness Training Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (20 Hours) Attended the Online Positional Asphyxia Course Awarded on behalf of NFPS (National Federation for Personal Safety).

Please Note: The publication by the Department of Health "Positive & Proactive Care: reducing the need for restrictive intervention" state the following: (127. There are no universally accepted standards for the use of physical restraint.



PMVA Package Two: 2 Day, New to PMVA Course

Core PMVA/ PBM/MOVA/ MVA/MAV

COURSE OVERVIEW

The PMVA Training course covers conflict management, breakaway and control and restraint all delivered together in a Prevention and Management of Violence & Aggression (PMVA) Course. Training is often a mandatory requirement for healthcare staff that work in a violent/ aggressive setting or those that are frontline workers.

We will cover communication/de-escalation, non-aggressive conflict management, hands on approaches to conflict management, things that your staff will need to diffuse and manage a potentially dangerous situation.

Package Two is for those candidates NEW to control & restraint training. It is delivered over a 2 day period.

SUMMARY OF OUTCOMES

PMVA Package Two: 2 Day, New to PMVA Course

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

1. Demonstrate non-pain compliant methods of control and how to safely apply them
2. Where required demonstrate more restrictive methods of control and when they should be used
3. Understand the importance of Incident reports and de-briefing for all involved in restraint

SAMPLE PROGRAM /

PMVA Package Two: 2 Day, New to PMVA Course

- Breakaway techniques and introduction to the dangers of restraint
- Criminal & Common Law in relationship to restraint
- The Children's Act (If required) / Health & Safety at Work Legislation
- Human Rights Acts / Deprivation of Liberty (DOL) issues
- The use of your communication skills to prevent restraint wherever possible.
- Positional asphyxia risks
- Corporate manslaughter act – and how it affects you.
- Introduction to the holds to be used in restraint.
- The use of non-pain compliant methods of control – 2, 3 and 4 man teams.
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits.
- From figure of four into thumb in palm techniques
- The different approaches using 2 or 3 in the team.
- To the chair, the rest position, and defusing / Change overs
- Taking clients through door ways.
- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment.
- Controlled take down onto the knees then into the prone position.
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone.
- From prone into supine position / Rest position in supine / Take up from supine position
- The dangers of using prone & supine restraints & if possible, avoid them.
- Techniques for seclusion (If required)
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what "ifs".
- Remember the most important aspect is to try to defuse and de-escalate – if possible, try to avoid restraint


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



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ESSENTIAL INFORMATION

PMVA Package Two: 2 Day, New to PMVA Course

Essential Info	
Who should attend?	<ul style="list-style-type: none"> All employees who work within an environment where there is a requirement for the use of restraint
Teaching methods	<ul style="list-style-type: none"> Power Point presentation covering the use of restraint Group Discussions Demonstration & Practice Under Observation
Duration of course	<ul style="list-style-type: none"> 2-3 day training for those who have no experience of restrictive physical intervention with 2 trainers delivering the course
Number of delegate places	<ul style="list-style-type: none"> Minimum 3 Maximum 16
Trainers Qualifications 	<ul style="list-style-type: none"> Trainers are ENB A74 Qualified & have Professional Membership of NFPS 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. Breakaway & 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. NFPS (National Federation for Personal Safety) Level 3 Diploma in the Prevention & Management of Violence & Aggression CPD (20 Hours) Attended Eric Baskind & the Law in Relationship to The Use Of Force Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (8 Hours) Attended the Online breakaway and Disengagement Training Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (10 Hours) Attended Knives and Edged Weapons Awareness Training Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (20 Hours) Attended the Online Positional Asphyxia Course Awarded on behalf of NFPS (National Federation for Personal Safety).

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PMVA Package Three: 3-4 Day Advanced PMVA Course

Core PMVA/MOVA/ MVA/MAV/PBM + Conflict Management

COURSE OVERVIEW

The three days Prevention and Management of Violence and Aggression (PMVA) Management of Actual or Potential Aggression (MAPA) and Management of Violence & Aggression (MOVA) Training course has been designed and developed to meet the needs and expectations of customers whose employees regularly deal with violence or aggression during the course of their work and, who need to employ all the skills from conflict management to breakaway and/or physical restraint.

The course is delivered over 3 days and builds on a frame work of knowledge underpinned by current Law, Regulations and Guidance.

The four days is designed for those who work within a high-risk environment. The following information gives an overview of the topics covered during the 3 days.

Candidates are expected to actively participate in group exercises, general discussion and will be required to demonstrate effective team working skills.

Package Three has a requirement of all candidates is a reasonable level of fitness and general health in order to participate in the physical elements of the course and all candidates will need to complete a fitness questionnaire in order to ascertain this.

DAY ONE

SUMMARY OF OUTCOMES

PMVA Package Three: 3-4 Day Advanced PMVA Course

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

1. Develop an understanding of Law relating to the management of conflict.
2. Assess & apply a risk assessment to all risks associated with dealing with conflict.
3. Understand the importance of effective communication skills.
4. Understanding the risks associated with lone working & applying principals of safe working.
5. Identify post incident support & reporting procedures within your organisation.
6. Realise that breakaway & self-defence techniques are only used when all other options have failed.
7. Assess, & use your environment, thus working out the quickest possible escape route, to minimise confrontation.

SAMPLE PROGRAM

PMVA Package Three: 3-4 Day Advanced PMVA Course

- Introduction to workplace violence.
- Understanding Reasonable Force: Common Law, Understanding Reasonable Force: Section 3 (1) of the Criminal Law Act 1967, Human Rights Act Article 2
- Health and Safety at Work Legislation: Sections 2, 3, 7 & 8
- Regulations 3, 8 and 14 of Managing Health and Safety at Work
- Self-awareness (Understand the 4 stages of anger)
- Proactive service delivery (Betari's box)
- Communication skills & barriers to communication (Dementia, Mental Health, Culture, Pain etc)
- Signalling non-aggression
- Defusing and calming (Understanding the assault cycle)
- High risk conflict
- Lone working protocol
- Post incident support
- 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"



DAY TWO-THREE

SUMMARY OF OUTCOMES

PMVA Package Three: 3-4 Day Advanced PMVA Course

To achieve the outcomes a student must:

1. Understand the Law in relation to the use of physical restraint.
2. Evaluate the risks associated with physical restraint and consider methods to reduce the risks.
3. Demonstrate non-pain compliant methods of control and how to safely apply them
4. Where required demonstrate more restrictive methods of control and when they should be used
5. Understand the importance of Incident reports and de-briefing for all involved in restraint

SAMPLE PROGRAM

PMVA Package Three: 3-4 Day Advanced PMVA Course

- Introduction to the dangers of restraint
- Criminal & Common Law in relationship to restraint
- The Children's Act (If required) / Health & Safety at Work Legislation
- Human Rights Acts / Deprivation of Liberty (DOL) issues
- The use of your communication skills to prevent restraint wherever possible.
- Positional asphyxia risks
- Corporate manslaughter act – and how it affects you.
- Introduction to the holds to be used in restraint.
- The use of non-pain compliant methods of control – 2,3, and 4 man teams.
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits.
- From figure of four into thumb in palm techniques • The different approaches using 2 or 3 in the team.
- To the chair, the rest position, and defusing / Change overs
- Taking clients through doorways
- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment.
- Controlled take down onto the knees then into the prone position. • Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone.
- From prone into supine position / Rest position in supine / Take up from supine position.
- The dangers of using prone & supine restraints & if possible, avoid them.
- Demonstration of techniques that should not be used
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The "what ifs"
- Remember the most important aspect is to try to defuse and de-escalate – if possible, try to avoid restraint



DAY FOUR

PMVA Package Three: 3-4 Day Advanced PMVA Course

Package Three/ Day Four is OPTIONAL and designed for High Risk Environments, please discuss with us to assess your requirements.

SAMPLE PROGRAM

PMVA Package Three: 3-4 Day Advanced PMVA Course

The following activities are covered with more practice time.

- Restrictive methods of control (flexion, finger & thumb hold)
- Controlled take down onto the knees then into the prone position.
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone.
- From prone into supine position / Rest position in supine / Take up from supine position
 - Seclusion and releases to leave.
- Trouble drills
- Interventions for emergency medical aid
- Stop & Search
- Ligature Cutting


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



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ESSENTIAL INFORMATION

PMVA Package Three: 3-4 Day Advanced PMVA Course

Essential Info	
Who should attend?	<ul style="list-style-type: none"> All employees who work within an environment where there is a requirement for the use of restraint
Teaching methods	<ul style="list-style-type: none"> Power Point presentation covering the use of restraint Group Discussions Demonstration & Practice Under Observation
Duration of course	<ul style="list-style-type: none"> 3 days with 2 trainers delivering the course Four days for high risk environments
Number of delegate places	<ul style="list-style-type: none"> Minimum 3 Maximum 16
Trainers Qualifications 	<ul style="list-style-type: none"> Trainers are ENB A74 Qualified & have Professional Membership of NFPS 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. Breakaway & 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. NFPS (National Federation for Personal Safety) Level 3 Diploma in the Prevention & Management of Violence & Aggression CPD (20 Hours) Attended Eric Baskind & the Law in Relationship to The Use Of Force Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (8 Hours) Attended the Online breakaway and Disengagement Training Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (10 Hours) Attended Knives and Edged Weapons Awareness Training Awarded on behalf of NFPS (National Federation for Personal Safety). CPD (20 Hours) Attended the Online Positional Asphyxia Course Awarded on behalf of NFPS (National Federation for Personal Safety).

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