



# PHYSICAL INTERVENTION



## Physical Intervention & Physical Restraint Training

Our Physical Intervention and Physical Restraint Training programme assists to reduce physical intervention and physical restraint risks and improve the safety of all concerned. A number of Physical Intervention and Physical Restraint Training course options are available.

### Programme/Course Content

A number of Physical Intervention and Physical Restraint Training course options can be tailored to your requirements. Example courses include:

#### **Safe Caring**

This conflict resolution training course is for Lower Risk environments and is delivered over 1 day and includes:

- Challenging Behaviour and Conflict
- Non-physical De-escalation Strategies
- Risk Assessment and Minimisation
- Safe Approach
- Safe Interaction, Prompting and Guiding
- Lawful Decision-Making and Duty of Care
- Physical Skill Development to include last resort “Breakaway” techniques

#### **Care and Control**

This disengagement and physical intervention training course is for Medium Risk environments and is delivered over 2 days and includes:

- All of the syllabus from our Safe Caring training course
- Non-Harmful Methods of Control, Prompting, Escorting Skills
- Sector-specific training needs (ASD, Dementia, Brain Injury, EBD)

- Specific person procedures (for your patients, service users, or clients)
- Teamwork development
- Physical Skill Development and Competence based on your local needs analysis and risk assessment
- Safe techniques that do not initiate or incorporate pain or punishment tools

### **Physical Intervention and Restraint**

This physical restraint training course is for High Risk environments and is delivered over 3 to 5 days (depending upon your local risk assessment and requirements) and includes:

- All of the course content from our Safe Caring and Care and Control training courses
- Restrictive Interventions for Protection, Holding and Control
- Comprehensive Physical Skill Development and Competence for Managing Violence and Aggression

Aimed at: Each of our courses can be tailored to meet your team's requirements, whether introductory, intermediate or advanced. We can design the ideal solution to accommodate your team's ability, knowledge, practical experience and previous training.

Accreditation: In addition to the above bespoke Physical Intervention and Physical Restraint training courses, Guardian Angels Training also offers additional complimentary accreditation, including:

**BTEC Level 2 Intermediate Award in Physical Restraint, Care & Control (Children & Young People)**

This specialist Physical Intervention and Restraint training course has been developed to meet the needs of those working with children and young people. It provides the knowledge and understanding required so that staff can make informed, appropriate, and legally defensible decisions about the use physical force in a care setting.

**BTEC Level 2 Intermediate Award in Physical Restraint, Care and Control (Older People)**

This specific qualification in Physical Intervention and Restraint will provide training to care teams who work with elderly patients and service users. The BTEC qualification will ensure that staff provide safe, legal and compassionate physical restraint and physical intervention to safeguard everyone from harm.

**BTEC Level 2 Intermediate Award in Physical Restraint Practice (Comprehensive)**

This is a generic BTEC qualification for Physical Intervention and Physical Restraint and is suitable for any staff member working with the general public who may

encounter violence and aggression and be required to physically hold or restrain someone.

#### BTEC Level 2 Safe and Effective Use of Restraint Equipment (Handcuffing)

This specialist BTEC qualification is suitable for any staff member who may have to use handcuffs in the course of their job. The BTEC Level 2 Safe and Effective Use of Restraint Equipment qualification provides the essential knowledge and understanding of the legal framework and the effective practical skills in how to use the equipment safely, efficiently and legally. The Handcuffing techniques taught are fully in accordance with current Police guidelines and are Home Office approved

Further information: To discuss your training requirements then please telephone or email our friendly team today.