

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



HOME HEALTH CARE

| INSTRUCTOR COURSE OUTLINE |

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

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The **AVADE[®] Home Health Care** Training program meets the requirements of State and Federal guidelines and regulatory compliance for maintaining a Workplace Violence Prevention Training program.

This instructor course involves exercises, group interaction, discussion, lecture, and hands-on training. **AVADE[®] Home Health Care** Training is modular-based and can be adapted into a variety of scheduling and training dynamics.

AVADE[®] HOME HEALTH CARE INSTRUCTOR CERTIFICATION COURSE

Upon successful completion of the 2-Day (16-Hour) **AVADE[®] Home Health Care** Training program, Instructors will receive the following:

- **AVADE[®] Home Health Care** 3-Year In-House Instructor Certification

Authorization to train and certify staff in the:

- **AVADE[®] Home Health Care** 2-Hour Certification Course
- **AVADE[®] Home Health Care** 4-Hour Certification Course
- **AVADE[®] Home Health Care** 1-Day Certification Course
- **AVADE[®] Home Health Care** Hands-On Module Includes:
 - **AVADE[®] Level II** Self-Defense Tactics & Techniques

The **AVADE[®] Home Health Care** Instructor package includes:

- Access to the **AVADE[®] Home Health Care** Instructor Portal
- **AVADE[®] Home Health Care** Instructor Manual
- **AVADE[®] Home Health Care** Student Handouts and Training Forms
- **AVADE[®] Home Health Care** Self-Defense Tactics Videos
- Be Safe Not Sorry - The Art and Science of Keeping YOU and Your Family Safe From Crime and Violence
- Maintenance of Training Records
- Continual Support From **AVADE[®]** | Personal Safety Training Inc.

➤ Introduction

- What is **AVADE**[®] Training?
- What is Workplace Violence?
- Workplace Violence Defined
- The Myth of Workplace Violence
- Crime and Violence in Healthcare
- The **AVADE**[®] Principles
- **AVADE**[®] Modules & Objectives
- Personal Safety Habits
- Developing Habits

➤ Awareness

- Awareness
- Risk Factors to Workplace Violence
- General Safety Measures
- Levels of Awareness
- Self-Awareness
- Emotional Awareness
- The Amazing Mind
- Situational Awareness
- Environmental Awareness
- Driving Concerns
- Parking Perspectives
- Unconscious 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
- Home Concerns
- Entering the Home

➤ 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 | 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
- Extreme Violence

› 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
- Postures & 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
- Signals of Submission
- Developing Interpersonal Communication Skills

▶ 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

› Time & Distance

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

› Escape Planning

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

› Environmental Factors

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

› Safety Rules

- Self-Defense Awareness

› Fundamentals of Self-Defense

- 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

▶ Personal Defensive Techniques

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

▶ Self-Defense Techniques

- 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

▶ **AVADE[®] Home Health Care Instructor Training Requirements**

- Once Certified, the Instructor Shall Provide Training in the **AVADE[®] Home Health Care** Training Program to Individuals in YOUR Agency Only.
- Each Person Trained by The Certified **AVADE[®] Home Health Care** Instructor Must Receive an **AVADE[®] Home Health Care** Student Guide for Initial Certification and Every Two Years Thereafter. The **AVADE[®] Home Health Care** Instructor is Responsible for Purchasing the Student Guides From Personal Safety Training Inc. **Copying of the Guides is Strictly Prohibited by Copyright Laws.*
- Instructor Must Pass the Thirty Five Question Written Exam with an 85% or Better.
- Instructor Must Pass a Trainers Presentation With an Acceptable Rating.
- Instructor Must Pass a Proficiency Skills Test With an Acceptable Rating.
- Instructor Must Adhere to All Requirements and Guidelines Set Forth in this Instructors Manual.
- Recertification as an Instructor is Required Every Three Years.