



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

The **AVADE® Workplace Violence Prevention** training is designed to **educate, prevent, and mitigate** the risk of *violence to individuals in the workplace*.

IN THIS TWO DAY CERTIFICATION COMBO (16 HR) TRAINING WITH SELF-DEFENSE & DEFENSIVE Control Tactics, 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 interactive exercises which will increase the retention and application of the material.

- All participants will receive the “**AVADE® Advanced Student Guide**” and certificate of completion.
- **AVADE®** Training meets **State and Federal requirements** for *Workplace Violence Prevention*.
- **AVADE®** 16hr Certification Cost – **\$5,994.00 per course**.

➤ Introduction

- What is **AVADE®** Training?
- What is **Workplace Violence**?
- Workplace Violence **Defined**
- The **Myth** of Workplace Violence
- **Crime** and **Violence** in the Workplace
- The **AVADE®** Principles
- **AVADE®** Modules and Objectives
- General **Personal Safety** Measures
- Personal **Safety Habits** | **Developing** Habits | **Benefits** of **AVADE®** Training

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› Awareness

- **Awareness**
- Worker **Risk Factors** to WPV
- **Levels** of Awareness
- **Self-Awareness**
- **Emotional** Awareness
- **Situational** Awareness
- **Environmental** Awareness
- **Mental Movies** & Impressing the **Unconscious Mind**
- **Higher** Awareness
- **Developing & Increasing** Awareness

› Vigilance

- **Hypervigilance**
- The **Five Senses**
- **Trust** Your Intuition
- **Using** Your Intuition
- **Messages** of Intuition
- **Developing** Intuition
- **Stop-Look-Listen**

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› Avoidance

- **Who Commits** Violence?
- **Characteristics** of Individuals Who Commit Violence
- **Stranger** Violence
- What is a **Predator**
- **Predator-Prey & Adaptation**
- The **Reverse** Line-Up
- **Predator** Characteristics
- Prey **Paradigm**
- **Prey** Characteristics
- **Hard** Target vs. **Easy** Target
- **Confident-Assertive-Defensive** Presence
- **Guest/Client/Patient** Violence
- **Lateral** Violence
- Lateral Violence **Symptoms**
- **Domestic** Violence
- Observable Behavior 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**

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› Interpersonal Communication Skills

- Interpersonal **Communication Skills** (IPC)
- 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**
- Signs & Symptoms of **Submission**
- **Developing IPC**

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› Stress Management

- What is **Stress**?
- **Types** of Stress
- **Fear**
- **Fight-Flight-Freeze**
- Putting the **Brakes** on the **Fight-Flight-Freeze**

› Time & Distance

- **Time** or **Distance**
- **OODA** Loop
- **Weapons & Time/Distance**
- **Dangerous Weapons** in **YOUR** Workplace

› Escape Planning

- **Escape** Planning
- **Improper** Positioning
- **Own** the Door

› Emergency Codes & Procedures

- **Active Shooter**
- **Surviving** an Active Shooter

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SECOND HALF OF THE TRAINING COURSE DEFENSIVE CONTROL TACTICS & TECHNIQUES

› Safety Rules

- Use of Force Awareness

› Fundamentals of Defensive Tactics

- **Stance-Balance-Stability**
- Defensive **Movements**
- **Core Energy** Principle
- Defensive **Verbalization**
- **Distraction** Techniques
- **Escape** Strategies
- **Reactionary** Gap
- **Hand** Positions

› Contact & Cover Positioning

- Initial **Contact**
- **Proper** Hand Positions
- **1** Person & **2** Person
- **Contact Cover** Strategy
- **Contact & Cover** with Initial Contact

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› Escort Strategies & Techniques

- **ABC's** of the Escort
- **Escort** (1 Person & 2 Person)
- **Hands-On** Escort (1 Person & 2 Person)

› Control & Decentralization Techniques

- **One Arm** Take-Down
- **Prone Control** Positioning (Kneeling & Standing)
- **Standing** the Prone Subject
- Positional **Asphyxia**
- **Rear Arm** Control

› Healthcare Restraint Application

- Proper **Positioning**
- **1pt Restraint** Application
- **2pt Restraint** Application
- **4pt Restraint** Application

› Elements of Reporting Force

- Post Incident **Response**
- Post Incident **Documentation**



CONTACT US TODAY!

Get started by requesting a **FREE** Training Proposal.

Call now, Toll Free: **866.773.7763**