



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
- **Unconscious** 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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› 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**
- **The Art-of-Distraction**
- **Dangerous Weapons in YOUR Workplace**

› Escape Planning

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

› Environmental Factors

- **Environmental Safety Factors**
- **Safety Mirrors/Cameras - CCTV**
- **Lighting**
- **Panic Alarms**
- **Private Places**
- **Access Control**
- **Staff Identification**
- **Parking Lot Safety**
- **Obstacles Around You**
- **Telephone Safety**

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▶ 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**

Level II DEFENSIVE CONTROL TACTICS & TECHNIQUES

▶ Safety Rules

- **Self-Defense Awareness**

▶ Fundamentals of Defensive Tactics

- **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 Weapons

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

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› 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

Level III DEFENSIVE CONTROL TACTICS & TECHNIQUES

› Safety Rules

- **Use of Force Awareness**

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- **Hand** Positions

› Contact & Cover Positioning

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

› Escort Strategies & Techniques

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

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› Control & Decentralization Techniques

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

› 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**