



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 book "**AVADE® Advanced Student Guide**" and certificate of completion.
- **AVADE® Training** meets State and Federal requirements for Workplace Violence Prevention.
- **AVADE®** 8hr 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

▶ **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

▶ **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

▶ **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

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

Level II Self-Defense 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

▶ **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 Defense Control Tactics & Techniques

▶ **Safety Rules**

- Use of Force Awareness

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- Stance-Balance-Stability
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- Escape Strategies
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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

▶ **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 now by requesting a **FREE** Training Proposal. Call now, Toll Free: **866-773-7763**