

Breakaway

1Day Breakaway Training

Overview

This course is a mandatory requirement for frontline staff working in environments where breakaway and or disengagement is pertinent. This includes any health professional (RMN, RN, Social Worker, Support worker, HCA) working in a challenging behaviour and or mental health environment. The modules are taught according to the General Services Association (GSA) Breakaway model of conflict management. It provides training that will keep your staff safe from potential aggressors. Modules include both theoretical and practical knowledge to allow an individual to identify potential risks in advance when working in a mental health environment.



This course has been validated, accredited and awarded 7 CPD points by the CPD Accreditation Group as meeting sector standards. On completion, participants would better understand what human factors are and how they relate to safety and efficiency; learn technical skills and non-technical skills; understand the theoretical aspects of managing violence and aggression; understand using force within the law; have an awareness of the dangers when using breakaway techniques.

Mandatory Requirements

This is an intensive course and as such participants must be declared fit before commencement of the course. All participants are required to complete a Health Declaration Form which will be assessed by the course tutor. The tutor may refuse a participant if health concerns are raised. If unsure if any health condition may impact your ability to train, we strongly recommend that you seek advice from your GP or physician prior to attending the course. This course is designed to meet participants of varying fitness levels. We DO NOT accept pregnant candidates on the course.

PMVA Breakaway training involves practical skills. To ensure safe practice, we recommend suitable clothing for all participants such as tracksuit bottom and trainers. NO jeans, jewellery, boots, shoes and or inappropriate clothing must be worn. Check with your relevant agency on guidance related to suitable clothing before attending the course. The tutor reserves the right to refuse any participant if their clothing raises a concern.

Summary of Contents

Theory

- Human Factors and Patient Safety
- Technical and Nontechnical Skills
- Violence and Aggression
- Restrictive Intervention
- De-escalation
- Personal Safety
- Use of Force and the Law

Breakaway

- Personal Safety Stance
- Wrist grabs
- Clothing grabs
- Hair pulls
- Strangles & Headlocks
- Punches & Kicks
- Bites

- What If's

Certification

Practical assessment is on-going by the instructor. This certificate is valid for one-year period only, a refresher thereafter, but keeping up to date with changes to policies and procedures is vital to keeping the qualification current. After completing the assessment, the instructor may declare you as referred or passed. An electronic certificate will then be issued within 24 hours. A hard copy is available for a fee.

Participant Note: Booking does not necessarily guarantee a pass. We strive to support learners throughout the course. If a participant fails to meet the required standard, and therefore are not able to pass, they will be referred and may require additional training hours at a reduced rate.

Participants

To ensure quality and standards of our courses, a maximum of 12 participants will be allowed per PMVA workshop. This will provide adequate time for participants to practice and perfect skills.

Duration

This course is a 1Day Intensive Course. Course starts at 09.00 and finishes at 17.00 on training day. Please plan your journey in advance to reach training centre in time as lateness is not permitted. Participants arriving after 15 minutes will not be allowed on the course and there is no refund.