



Personal Safety Awareness and Breakaway Skills

Course Overview

This bespoke training programme has been designed and developed to provide delegates with the knowledge, understanding and skills to be able to implement and conduct a range of personal safety strategies and effective breakaway skills.

Benefits

This programme has been specifically developed to provide frontline staff or those who by virtue of their occupation require a range of effective personal safety strategies and effective breakaway skills. Based upon a skill set of well-established practices the course is ideally suited to those who work in such occupations as enforcement officers, housing services, debt collection, education services, customer services and lone workers.

Course Framework

The programme is modular based and covers a series of topics relating to personal safety. The course is evenly balanced between theoretical workshops and practical activities including scenario based roles plays.

Course Content

Course delegates will cover a range of topics related to personal safety and breakaway skills. By the end of the programme delegates will be better able to,

- Understand what makes people aggressive
- Identify Warning signs, Danger signs and Danger Cues
- Identify a range of impact factors
- Describe the Conflict Management Model and its sub components
- Understand the legislation relating to self defence
- Appreciate threat awareness, threat evaluation and threat avoidance
- Understand the concept of dynamic risk assessment
- Understand the physiological effects of fear/stress on the human body
- Identify a range of escape options and avoidance techniques
- Apply a range of basic breakaway skills and distraction techniques.

Course Duration

This programme is conducted over 1 day and is held at our training centre in Portsmouth. Alternatively organisations can opt to have training delivered at a suitable venue of their choice.

Course Numbers

This programme is conducted with a minimum of 8 and a maximum of 12 delegates per course

Please note that this programme contains practical elements consisting of simple patterns of movement and basic breakaway skills. Delegates with minor injuries and moderate physical disabilities can still participate but organisations should contact our office to declare delegates with such conditions.