

Train the Trainer - Safe Holding (Level 2) Training Course - 7 days

Aim.

To support the Trust in providing a Train the Trainer course in Safe Holding Training. The training will enable the delegates to deliver a complete Safe Holding Level 2 Physical Intervention Training Course.

Outcomes.

- Participants to qualify as Blue Concept Safe Holding Level 2 Trainers.
- Gain the skills to deliver a Safe Holding Level 2 Training Course.
- Understand the underpinning legal and health considerations.
- Safely conduct a Safe Holding Level 2 Training Course and equip the end-user with a set of physical intervention techniques.

This train the trainer course assumes no prior knowledge of physical intervention skills.

Training.

The Blue Concept training model promotes engaging training. The end-user training course will include health screening, understanding of the legal use of force in a healthcare setting, how to manage personal safety and a set of physical Intervention techniques including breakaway, safe holding and team approaches.

Training course framework.

The train the trainer course will begin with a simulated course to provide context for the underpinning theory and techniques. The course will then be broken down into the key theory elements and how to deliver the physical intervention techniques.

Restrictions and requirements.

Please note that no one pregnant will be able to take part. A suitable training room is essential to the safety and effectiveness of the training.

End-user Training Course.

The end-user training course will require a specifically designed, physical intervention matted floor area. Guidelines will be provided on minimum training ratios. Please note that we recommend two qualified trainers per course.

Physical Intervention techniques - modules to be included:

- Training course set-up.
- How to conduct the health screening.
- Course administration.
- Theory content:
 - Managing violence, use of force, breakaway context.
 - Health risks to staff and patients.
 - Common health conditions related patient risks
 - Understanding positional asphyxia and how to mitigate risks.
 - Injury reporting.
 - Incident reporting.
 - Post restraint protocol.

- Safe physical skill training guidelines.
- How to teach a technique.
- Training room assessment.
- Warm-up routine.
- A comprehensive physical skills set including breakaway techniques.
- A comprehensive physical skill set incorporating a hierarchical approach to structured physical interventions and team planned approaches.
- Comprehensive tuition on how to deliver a range of breakaway, safe holds and team approaches.
- Practice running various course elements.
- Practice techniques.
- Assessment – theory presentation and physical training.

Practice and assessment.

Delegates will have the opportunity to practice delivering the various modules and will be assessed at the end of the course. The assessment will include course delivery, the underpinning theory and physical skills.

Resources.

The resources to be provided include a lesson plan, end-user presentations, course resources, check lists and the legal use of force background. The training also includes unlimited access to video to support, for both the warm-up routine and all breakaway techniques. Training mats.

Annual requalification course.

Attendance of an annual requalification course is mandatory.

Course joining criteria.

All applicants should preferably have completed a level 3 teaching qualification, a 3-day first aid qualification and hold a professional qualification.

Investment.

Item	Per Course
SAFE HOLDING Level 2 Training - 7 days (min 4, max 10 delegates)	£ POA
Annual requalification course. (2 day) (max 10 delegates)	£ POA