

## **Title: Physical Interventions**

**Aims:** To develop skills in physical Interventions

**Objectives:** Practice a range of physical interventions  
Develop breakaway techniques  
Learn teamwork models of intervention  
Explore Legal issues

### **Target Audience:**

This course is designed those who need to respond to be trained in physical interventions as part of their work. It covers lone and team workers as well as a basic understanding of legal issues.

### **Course content**

- Introductions
- Lone workers
- Team working
- Risk assessments
- Breakaway techniques
- Physical interventions
- Health and Safety
- Models of interventions
- Examples of successful strategies
- Anatomy and physiology
- Developing good practice
- Teamwork

### **Commentary**

The course develops the ability to safely use a range of physical interventions for both lone workers and team workers. The simple techniques range from breakaway training to more advanced skills and encapsulate working within the current legal framework.

At the end of the course participants will have the skills to safely intervene in situations and to ensure that they have complied with legislation.