

▶ Modular-Based Training

AVADE[®] Training is a modular-based program that can be presented through: **E-Learning, Employee Orientation, 2-Hour Session, 4-Hour Session, 1-Day Session(s), 2-Day Session, Option to Present During Safety or Departmental Meetings Throughout a 12-Month period, and Modular Training Combining Classroom, Self-Defense, and Defensive Control Tactics - 8+ Hours.**

▶ AVADE[®] Workplace Violence Prevention Modules & Objectives

AVADE[®] principles and learning objectives are integrated through the *administrative, behavioral, and environmental components*. All of the **AVADE[®]** components, categories, learning objectives, principles, skills, and training techniques are needed to create an effective **Workplace Violence Prevention Plan**.

- ☑ **AWARENESS:**
Your Workplace Violence Prevention Plan will increase your overall awareness of worker risks to violence and provide strategies to prevent and mitigate these risks.
- ☑ **VIGILANCE:**
Understanding the characteristics of violence and the predicting factors related to it.
- ☑ **AVOIDANCE:**
Reduce and eliminate incidents of workplace violence through administrative, behavioral, and environmental protocols and procedures.
- ☑ **INTERPERSONAL COMMUNICATION:**
Understanding the assault cycle and developing skills to de-escalate the different types of aggressive behaviors are essential factors in mitigating workplace violence.
- ☑ **DEFENSE OF SELF & OTHERS:**
Mitigate liability risk through proper documentation and the understanding of using force to defend one's self or others.
- ☑ **STRESS MANAGEMENT:**
Provide methods for team debriefing, post-incident response, and techniques for dealing with daily stressors.
- ☑ **TIME & DISTANCE:**
Increase understanding of reactionary response to a physical or weapon assault situation.
- ☑ **ESCAPE PLANNING:**
Pre-planning escape routes from all environments and learning physical maneuvers and positioning to prevent isolation and assaultive situations.
- ☑ **ENVIRONMENTAL FACTORS:**
Understand safety techniques and departmental systems and procedures for the different areas of the workplace.
- ☑ **EMERGENCY CODES & PROCEDURES:**
Provide and increase awareness of the agency's protocols and procedures for responding to an emergent situation.

▶ AVADE[®] Level II & Level III

AVADE[®] Level II and Level III components are *optional* and can be introduced to a workplace based on specific risk assessments and training needs.

▶ AVADE[®] Level II Self-Defense Tactics

- ✓ THE GOAL OF SELF-DEFENSE
- ✓ FUNDAMENTALS OF SELF-DEFENSE
- ✓ DEFENSIVE BLOCKING TECHNIQUES
- ✓ PERSONAL DEFENSIVE WEAPONS
- ✓ FRONTAL DEFENSE FROM PHYSICAL ASSAULTS
- ✓ REAR DEFENSE FROM PHYSICAL ASSAULTS
- ✓ USE OF FORCE & DOCUMENTATION



▶ AVADE[®] Level III Defensive Control Tactics

- ✓ INTRODUCTION TO DEFENSIVE CONTROL
- ✓ FUNDAMENTALS OF DEFENSIVE CONTROL
- ✓ CONTACT & COVER POSITIONING
- ✓ ESCORT STRATEGIES & TECHNIQUES
- ✓ CONTROL & DECENTRALIZATION TECHNIQUES
- ✓ PRONE & SUPINE CONTROL TECHNIQUES
- ✓ HEALTHCARE RESTRAINT TECHNIQUES
- ✓ USE OF FORCE & DOCUMENTATION

