

COURSE: Officer Safety Training

Lesson Title Holds and Restraints	Duration
Trainer Personal Safety Trainers	Students Student Officers
The aim of this lesson is to Provide officers with the knowledge, protocols, understanding, skills, attitudes and behaviours in the Personal Safety Manual (PSM), with regard to Holds and Restraints	
Intended Learning Outcomes	
By the end of this lesson the student will be able to:	
1. Demonstrate the come along hold, standing and ground, 2 ground pins, front wrist-lock, rear wristlock, hammer lock and bar, entangled arm locks, figure 4 and inside wrap in line with the current Personal Safety Manual .	
2. Understand the principles in relation to pain compliance.	
3. State the consequences of using these techniques in relation to the public's perception of the use of force.	
4. List the possible medical implications in relation to the above procedures, including positional asphyxia and excited delirium.	
5. Apply the techniques with reference to the National Decision Model (NDM) including the use of force.	
6. Ensure the students can demonstrate the techniques to a required standard in a safe manner.	
Assumed knowledge No Previous knowledge required	Students experience

Lesson Plan

Time (Mins)	Content	Outcomes	Method & Resources	Learner Activity	Assessment
	Safety Brief	Health & Safety	Didactic PSP manual Practical Exercise	Awareness Listening Participation	Question and Answer
	Warm up	Reduce Injury	Role specific activity	Listening Participation	Observation
	<p>Instructors will demonstrate:</p> <ul style="list-style-type: none"> • come along hold standing • come along hold ground, • shoulder ground pin, • ground pin arms • front wrist-lock • rear wristlock • hammer lock and bar • entangled arm locks • figure 4 • inside wrap. <p>Demonstrate and teach all students using</p> <p>Problem- Identify the problem to the students</p> <p>Solution- Demonstrate technique to the students at pace.</p> <p>Breakdown– Explain and breakdown the technique and teaching points</p> <p>Medical implications- List the possible medical implications.</p> <p>Health and Safety- Explain the points in relation to the</p>	1,3,4	<p>2 OST trainers 1 Volunteer for some techniques. Mats</p> <p>Trainers must be in possession of PPE</p> <p>PSP manual Module 00 pages 00, 000 – 000 Module 00 pages 0 – 00, 00 – 00</p>	Listening Observation Participation Communicating	Observation Question and answer

Lesson Plan

	technique.				
	Practice —give the students adequate practice time Students will practice and apply the techniques with reference to the National Decision Model (NDM) including the use of force.	1- 5	Students in pairs or groups. mats	Listening Observation Participation Communicating	Observation Question and answer Formative
	Instructors will fully explain the rational in relation to pain compliance and the use of force.		Explanation: Asking Questions. Include Powers and Policy Information	Listening Observation Participation Communicating	Observation Question and answer
	Instructors will state the consequences of using these techniques in relation to the public's perception of the use of force Include the importance of making detailed notebook entries and statements of evidence	1- 5	Explanation: Asking Questions. Include Powers and Policy Information	Listening Observation Participation Communicating	Observation Question and answer
	Debrief	1 - 5	Clear up any ambiguities Question and answer Debrief	Listening Observation Participation Communicating Ask Questions	Observation Listening
	Close				