Tel: 01274 589071 Email: info@ nntc.org.uk

NNTC
THE NATIONAL NETWORK OF TRAINING CONSULTANTS



Breakaway & Safe Escape

AIM:

To give learners the confidence and ability to safely and legally escape from any aggressive or violent actions by a third party.

WHO SHOULD ATTEND:

This course is suitable for anyone working in an environment where someone may become violent. This course teaches just a few effective techniques that are simple to use, and as safe as possible for both you and others. **Maximum number of delegates – 20.**

DURATION:

One or two days.

CONTENT:

- Related legislation and national guidelines
- Areas of the body to avoid
- Stance
- Escapes from grabs, strangle holds, chokes, bear hugs, bites and hair pulls
- Defense from punches and kicks
- Recording incidents

CERTIFICATION

All delegates are visually assessed by our tutors and successful delegates will receive a certificate accredited by UK ISO. Certificates are valid for 12 months when a one day refresher course would be required.

BENEFITS:

- Reduced risk of litigation
- Improved safety of staff
- Increased confidence of staff in dealing with physical assault