



"I'd like to be sure how to restrain someone without accidentally hurting them."

## BTEC Level 2 Intermediate Award in Physical Restraint Practice (Comprehensive) (3 days).

Training Progression:



**Overview:** The BTEC Level 2 Intermediate Award in Physical Restraint Practice (Comprehensive) is for anyone working with the general public who requires the full range of physical intervention and restraint skills.

**The Course:** The BTEC Level 2 Intermediate Award in Physical Restraint Practice (Comprehensive) is for anyone working with the general public who may encounter conflict and be required to physically hold or restrain people in the course of their job. It provides delegates with a broad knowledge and understanding of physical restraint, the legal framework they must operate within and effective physical intervention techniques. This is a nationally recognised vocational qualification.

The BTEC Level 2 Intermediate Award in Physical Restraint Practice (Comprehensive) is a three day duration course and on completion all delegates receive a BTEC Level 2 Intermediate Award in Physical Restraint Practice (Comprehensive) Certification by GoodSense Training.



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**Course objectives:**

***To successfully achieve the award delegates will be required to:***

- > Investigate Reasonable Force in relation to physical restraint.
- > Explore the requirements of The Human Rights Act 1998 and how they apply to physical restraint.
- > Examine the requirements of Health and Safety statute and associated regulations and show how they apply to physical restraint.
- > Evaluate the risks associated with physical restraint and explore how to minimise those risks.
- > Identify and describe the relevant Acts of Parliament and other government regulations in relation to the physical restraint of vulnerable individuals and groups.
- > Differentiate between holding, escorting and restraining and non-harmful seated restraint techniques and how to apply them.
- > Demonstrate and explain how to gradually de-escalate and relax restraint to allow the subject being restrained to regain self-control.
- > Explore the risks associated with alcohol and drugs, knives and other forms of edged weapons in relation to the use of physical restraint.
- > Investigate the difference between non-harmful methods of control and more restrictive methods of control and when the use of such methods would be considered appropriate.

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**Further information:*****Pre-Registration requirements:***

Candidates who register for the BTEC Level 2 Intermediate Award in Physical Restraint Practice must have:

- The physical capability to be able to undertake physical skills training.
- The personal ability to undertake classroom training and sit written exam papers.

**Suitability:**

All employees who may find themselves in a conflict situation and be at risk of physical assault whilst undertaking their employment duties.