

Sample Pre-prepared Flip Charts

Safety Tips:

- Arrange the environment with safety in mind.
- Dress Appropriately
- Be aware of Personal Space Issues
- Stay alert at all times

5

Protective Stances

- Arms length
- 45° Angle:
 - Less of a target
 - Gives better balance
 - Keep knees bent:
 - Flexibility
 - Mobility

6

BLOCKS:

- Upward
- Inward
- Outward
- Downward
- Downward "X" Block
- Upward "X" Block
- Leg Block
- Pivot & Parry

7

Escapes & Releases:

- Single Wrist release
- Double Wrist Grab
- Two hand Grab
- Over-hand Grab
- Front Choke Release
- Rear Choke Release
- Bites & Hair Pulls

8

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Use of Restrictive Holds:

- Only as a last resort
- Never as punishment
- Never for convenience
- Use **Least Restrictive!**
- End A.S.A.P.
- Must be reviewed

13

Use Restrictive holds cont...

- Monitor vital signs
- Never do alone
- Avoid Face-Down Techs (Prone)
- Must be documented
- Debrief with others
- Notify other parties

14

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ARMED

A = Asses the situation

R = Respect that you could be hurt

M = Move with commitment

E = Expand concept of weapons

D = Disarm only if no other choice

9

Planned Physical Intervention

- **Component of Behavior Support Plan**
- **Need must be assessed**
- **Must be approved**
- **Emphasized positive proactive steps**
- **Helps individual with learning coping skills**

10

Emergency Physical Intervention

- **When No Behavior Support Plan in place**
- **Eminent danger to self or others**
- **Other less intrusive techs have failed or are not appropriate.**

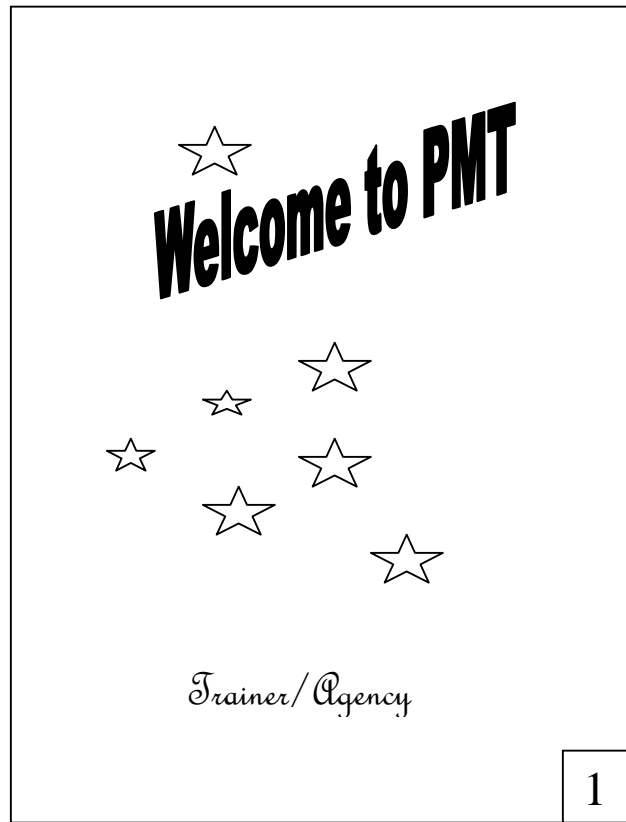
11

Protective Holds:

- **Implied Touch**
- **Physical Prompt**
- **Basic Guide-along**
- **Lower Figure '4'**
- **Side X Side Par. Hold**
- **Reverse Cradle Transp.**
- **Floor Management**

12

Sample Pre-prepared Flip Charts



A flip chart with a white background. At the top, the text "Welcome to PMT" is written in a large, bold, black, slightly slanted font. Above the text is a single five-pointed star. Below the text, there are seven more five-pointed stars of varying sizes arranged in a loose, circular pattern. At the bottom of the chart, the text "Trainer/Agency" is written in a cursive font. In the bottom right corner, there is a small white box containing the number "1".

Welcome to PMT

Trainer/Agency

1

CLASS RULES:

- Return from breaks on-time
- Keep side-line conversations to a minimum
- Turn off Cell Phones
- Set Beepers to Vibrate
- Participate fully
- *Have fun!*

2

Goals Of PMT Training:

- Prevention
- Prediction
- Protection

3

4 Stages of Violence

1. Prevention
2. Pre-Violence
3. Violence
4. Post Violence

4