



PRIME-Care Training

'Help, Support, Educate, Encourage'

2 Day Restraint Course

Day 1:

All course attendees will be required to complete a medical questionnaire together with a declaration to undertake the training. This forms part of the risk assessment and will be required to evidence good health including an understanding of the course requirements.

Dependant on your work sector, children's Homes or Schools, the course covers all aspects of the law on use of force. The course will include teaching staff how to risk assess potential restraint situations and assess restraint that has already happened to establish the legality of any action taken or not taken.

This course will incorporate the following:

- Brief history of abuse of children and the effect on current legislation
- Case studies discussed:
 - Victoria Climbié
 - Peter Connelly (Baby P)
 - Adam Rickwood
 - Gareth Myatt
 - Holly Wells and Jessica Chapman
- Children's Act 1989 - Section 1 (1)(a)
- United Nations Convention on the Rights of a Child 1989 - Article 3
- Health & Safety Act 1974 - Sections 2,3,7,8,33,37
- Human Rights Act 1998 – Articles 2,3,5,8
- Common Law
- Criminal Law Act 1967 - Section 3 (1)
- Children's Homes (England) Regulations 2015 - Regulation 20
- Guide to Children's Homes Regulations 2015 including Quality Standards 2015 (Care Homes only)
- Quality Standard 7 - The Protection of Children Standard (Regulation 12) (Care Homes only)
- Education and Inspections Act 2006 – Section 93 (Schools only)
- Use of reasonable force - Advice for head teachers, staff and governing bodies – July 2013
- PCT Risk Reduction and Assessment Tool combining all the above legislation

Day 1 will prepare staff to make better informed decisions when facing potentially difficult situations.



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Day 2:

Staff will be required to sign a physical training risk assessment which will be read out and given to staff to sign to say they will adhere to the risk assessment and method statement.

Staff will be required to complete some course homework which will consist of a recap of day 1. This will greatly increase the ability to remember the legislative framework taught day 1.

Morning session will include discussion on:

- PRIME-Care 6 points
 1. A way of working
 2. Building relationships
 3. Promoting choice
 4. Educating and Supporting
 5. Positive decision making
 6. Keeping everyone safe

- De-escalation skills
- Communication
- Body language
- Tone of voice
- Empathy

Followed by PCT physical techniques on how to safely use physical intervention and restraining techniques to keep children and young people safe.

Staff will be taught basic holding techniques through to high end restraint techniques including 'The Barrier' technique as described by a government preferred use of force medical risk assessor as being 'Revolutionary'

On completion of the course staff will be required to complete a post-course questionnaire.

Purchasing body will be sent certification that attendees have attended and completed a 2-day course.