

Safety Intervention with holding skills - 2 day course (formerly MAPA: Physical restraints)

This course is for Cerebral Palsy Alliance employees

Who is this course for?

****Important Note: This course is ONLY for employees working directly with people with a behaviour support plan that includes authorised holding skills (also known as physical restraints), who display behaviours of concern that pose a risk of harm/injury to themselves or those around them. Other staff can attend the one day basic Safety Interventions course instead. If unsure which course is applicable for your site, please discuss with your manager.**

What content does the course cover?

This training session focuses on safety interventions:

- Knowing your responsibilities in a MAPA situation
- Using suitable safety interventions to reduce or manage behaviours of concern
- Identifying behaviour that indicates an escalation towards verbal and/or physical aggression and violence
- Taking proactive, positive, and acceptable measures to avoid, decelerate and/or de-escalate a potential crisis
- Assessing the level of risk associated with a crisis and making appropriate decisions to manage it.
- Understanding the use of restrictive physical interventions as a last resort only
- Practising disengagement and holding skills in a safe classroom setting.

Note:

- **This course requires a level of physical interaction with other participants during simulations**
- Full PPE is to be worn during practice of physical skills and will be provided
- Please wear suitable clothing which will allow you to move comfortably and wear enclosed footwear

Does the course have prerequisites or specific requirements?

The following must be completed before attending:

- Positive approaches to behaviour support (online)
- Positive approaches to client support

What other details do I need to know?

Attendance type: In person (face to face)

Duration: 2 days

Times: Please select a course date below or if there are no dates, please click Enquire

Refreshments: Please bring your own lunch (as required)

If you need to cancel: Cancellation guidelines

Where can I get more information?

Contact: The Training Alliance team

Email: training@cerebralpalsy.org.au

Phone: +61 2 9975 8715



July 2025

Date	Course	Start time	Finish time	Location
Tue 29	Safety Intervention with holding skills - 2 day course (formerly MAPA: Physical restraints)	9:30AM	More than 1 day	Allambie

November 2025

Date	Course	Start time	Finish time	Location
Thu 20	Safety Intervention with holding skills - 2 day course (formerly MAPA: Physical restraints)	9:30AM	More than 1 day	Allambie