

## 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](mailto:training@cerebralpalsy.org.au)

**Phone:** +61 2 9975 8715

Please enquire regarding available dates.