

# Gently Release Holds

Safe Actions conducts manual tasks training consistent with the Code of Practice: Manual Tasks and based on the specific needs of working with individuals.

The OSH regulations, risk management and reporting are covered in the theory section.

The Manual Tasks - Gently Release Holds course covers:

- The risk management process as it applies to the individual who exhibits behaviours of concern
- A range of control strategies to defuse and de-escalate an individual who is displaying behaviours of concern
- Strategies to prevent behaviours of concern such as choice and positive behaviour support plans
- Several releases from unwanted holds from an individual e.g. clothes hold, rail hold, grips
- Several methods of self-protective positioning to perform care tasks or walk an individual
- Principles around maintaining a caring relationship with the individual, the use of restrictive practices, the debriefing process and the importance of all of these to the participant, the individual and the occupational health and safety risk management process

This full day course is consistent with hands off policy. A significant amount of the course content covers what to do when an individual grabs you rather than the other way round. The techniques taught for walking individuals allow you to very quickly separate from an individual in the event they drop, fall to the ground, or take off.

This course is ideal for workers who are new to the industry and those requiring a refresher of their manual tasks training, specifically focussing on behaviours of concern.

Attendance certificates and manuals are available on request.  
Content can be customised to suit a particular organisation.