



## Pepper Spray Defense™ One (1) Day Instructor Certification Course

Upon successful completion of the 1-day Pepper Spray Defense™ certification program, Instructors will receive the following:

- Pepper Spray Defense™ 3-year In-house Instructor certification from Personal Safety Training Inc.
  - Authorization to train and certify staff in the:
  - Pepper Spray Defense™ (4 hour) certification course
  - Pepper Spray Defense™ (8 hour) certification course
  - Pepper Spray Defense™ re-certification course
  
- The Pepper Spray Defense™ Instructor package includes:
  - Flash drive for the Pepper Spray Defense™ 4 hour and 8 hour certifications.
  - Pepper Spray Defense™ Instructor manual
  - Inert practice spray for training.
  - **VIDEOS of all the Pepper Spray Defense™ Techniques**
    - Copy of “Be Safe Not Sorry” – the Art and Science of keeping YOU and your family Safe from crime and violence.
    - Student tests, proficiency skills test and instructional forms
    - Maintenance of training records
    - Continual support from Pepper Spray Defense™ - Personal Safety Training Inc.

### 1 Day Instructor Course Outline

**Introduction** .....

Introduction to the Pepper Spray Defense .....

The First Rule of Training = Safety .....

Modular Based Training .....

Modules and Objectives .....

**Module One**

**What is Pepper Spray? .....**

- Oleoresin .....
- Capsicum .....
- Capsaicin .....
- Concentration / Percentage of OC .....
- SHU's .....
- HPLC .....
- Physiological Symptoms .....
- Psychological Symptoms .....

**Module Two**

**Use of Force and Self-Defense .....**

- Awareness of Liability Risks.....
- Agency Policies and Procedures.....
- What is Self-Defense? .....
- Lawful Use of Force and Self-Defense .....
- Levels of Force Continuum .....
- Subjects Actions – Officer’s Actions .....
- Subject and Officers Factors .....
- Increasing the Level of Force .....

**Module Three**

**Defensive Tactics Fundamentals.....**

- Fundamentals .....
- The Bladed Stance .....
- Defensive Movement (Forward Shuffle) .....
- Defensive Movement (Rear Shuffle) .....
- Defensive Movement (Side to Side Shuffle) .....
- Core Energy Principle .....
- Defensive Verbalization .....
- The Art of Distraction .....
- Escape Strategies .....
- Reactionary Gap .....
- Spraying Distances .....

**Module Four**

**OC Holding & Drawing Positions .....**

- High Ready Position .....
- Low Ready Position .....
- Proper Holding Positions for OC Sprays .....
- Strong Side Draw .....
- Support Side Draw .....

**Module Five**

**Personal Defense Techniques** .....  
Block & Spray .....  
Block, Draw & Spray .....

**Module Six**

**Contact and Cover Team Positioning** .....  
Contact and Cover .....  
Standing Position (Contact and Cover) .....  
Kneeling Position (Contact and Cover) .....  
Prone Position (Contact and Cover) .....

**Module Seven**

**Spraying Techniques** .....  
How to Use OC Pepper Spray .....  
Types of Delivery Systems .....  
Fogger Sprays .....  
Cone Sprays .....  
Gel Sprays .....  
Stream Sprays .....  
Foam Sprays .....  
OC Spraying Techniques .....  
How to Use OC Pepper Spray .....  
OC Pepper Warnings & Tips .....

**Module Eight**

**Escape Techniques** .....  
Escape from Standing Position .....  
Escape from Kneeling Position .....  
Escape from Prone Position .....  
Ground Defense .....  
Tactical OC Spray Considerations .....  
Examining Common OC Deployment Errors .....

**Module Nine**

**Post Decon Procedures** .....  
Post OC Spray Considerations .....  
OC Decon Procedures .....  
Baby Shampoo and Water .....  
Neutralizing Agents .....

**Module Ten**

**Post Incident Response & Documentation** .....  
Post Incident Response .....  
Post Incident Documentation .....  
Elements of Reporting Force .....

**Pepper Spray Defense™ Review** .....

**Appendix I**  
**Reference Guide and Bibliography .....**

**Appendix II**  
**Trainer Development Techniques .....**  
Part 1 - Instructor Development Tools and Techniques .....

**Appendix III**  
**Instructor Requirements and Procedures .....**  
Instructor Procedures .....

**Pepper Spray Defense™ Order Form .....**

**Pepper Spray Defense™ Safety Rules Form .....**

**Personal Safety Training Inc. Class offerings .....**

**Pepper Spray Defense™ Instructor Requirements & Procedures**

**Instructor Procedures**

- Certified instructors shall provide training in the Pepper Spray Defense™ training program to individuals in security, law enforcement, military, corrections, and protective services for YOUR agency only.
- Each person trained in the Pepper Spray Defense™ training program must receive a Pepper Spray Defense™ Student Manual for their initial certification. The Pepper Spray Defense™ Instructor is responsible for purchasing the student manuals from Personal Safety Training Inc. Copying of the student manuals is strictly prohibited © Copyright Laws.
- Instructors are required to acknowledge that they are not agents or employees of Personal Safety Training Inc.
- Trainers will thoroughly explain safety and liability requirements to all trainees.
- Every individual trained in the Pepper Spray Defense™ training program must be registered with Personal Safety Training Inc. Instructors are

required to submit the original student registration form and student roster form within seven (7) days to Personal Safety Training Inc.  
These records will be maintained by:

Personal Safety Training Inc.  
P.O. Box 2957  
Coeur d' Alene, ID 83816 USA or  
Fax: 208-664-5556

**Instructors are required to utilize their trainer's manual and the methods set forth within.**

### **Pepper Spray Defense™ Instructor Qualifications**

- Pepper Spray Defense™ One Day Instructor Course
  - The Instructor must pass a thirty five question written exam with an 85% or better. One re-test allowed.
  - Instructor must pass a trainers presentation with an acceptable rating.
  - Instructor must pass the proficiency skills test with an acceptable rating.
  - Instructor must adhere to all requirements and guidelines as set forth in this instructor's manual.
  - Recertification as an Instructor is required every three years.

### **Pepper Spray Defense™ Student Training Requirements**

- Pepper Spray Defense™ 4hr. or 8hr. Training Course Certifications
  - Student must pass the twenty five question written exam with an 80% or better. One re-test allowed. If student fails re-test, course must be taken over again.
  - Student must pass the proficiency skills test with an acceptable rating.
  - Recertification is required every other year. (no time requirement for recert) \*Student must pass written and proficiency test for recertification. \*Yearly training is recommended.

***Call us today to schedule Pepper Spray Defense™ training – for YOU and your agency. Toll Free: 1.866.773.7763 or Outside the US: (208) 664-5551  
On-Site Training is available. Please call for pricing and availability.***