



The HDTSTM (Healthcare Defensive Tactics System) is designed to empower healthcare staff, increase awareness, knowledge, skills and actions with regard to use of force, control and restraint, self-defense, and defending others with defensive tactics strategies and techniques.

When situations are escalated and YOU need tactics and skills for controlling someone who is out of control, HDTSTM (Healthcare Defensive Tactics System) Certification Training is the solution.

This basic course involves exercises, group interaction, discussion, lecture and hands-on training. HDTSTM training is modular based and can be adapted into a variety of scheduling and training dynamics.

Call us today to schedule HDTSTM 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.

HDTSTM Basic Course Outline

Introduction

- Introduction to the Healthcare Defensive Tactics System
- The First Rule of Training = Safety
- Modular Based Training
- Modules and Objectives

Module One

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
- Increasing the Level of Force
- Vulnerable Areas of the Body
- Low Risk Target Areas
- Medium Risk Target Areas
- High Risk Target Areas

Module Two

Defensive Tactics Fundamentals.....

- Fundamentals
- The Bladed Stance
- Defensive Movement (Forward Shuffle)
- Defensive Movement (Rear Shuffle)
- Defensive Movement (Side to Side Shuffle)
- Forward and Rear Pivoting
- Core Energy Principle
- Defensive Verbalization
- The Art of Distraction
- Escape Strategies
- Reactionary Gap
- Hand Positions

Module Three

Contact and Cover Team Positioning

- Initial Contact (1 Person)
- Initial Contact (2 Person)
- Contact and Cover Positioning

Module Four

Escort Strategies and Techniques

- Escort Technique (1 Person)
- Escort Technique (2 Person)
- Hands-On Escort Technique (1 Person)
- Hands-On Escort Technique (2 Person)

Module Five

Control and Decentralization Techniques

- One Arm Take-Down (part 1)
- One Arm Take-Down (part 2)
- Prone Control Positions
- Positional Asphyxia
- Rear Arm Control Technique (part 1)
- Rear Arm Control Technique (part 2)

Module Six “Security Staff”- Optional

Handcuffing Techniques

- Handcuff Nomenclature
- General Handcuffing Guidelines
- Standing Handcuffing Technique (part 1)
- Standing Handcuffing Technique (part 2)
- Proper Fit and Placement / Double Locking
- Kneeling Handcuffing Technique (part 1)
- Kneeling Handcuffing Technique (part 2)
- Prone Handcuffing Technique (part 1)
- Prone Handcuffing Technique (part 2)
- Prone Handcuffing Technique (part 3)

Standing the Prone Handcuffed Subject (part 1)
 Standing the Prone Handcuffed Subject (part 2)
 Escorting Handcuffed Subject

Module Seven

Defensive Blocking Techniques
 Shoulder Block Defense
 Elbow Block Defense
 Turtle Block Defense
 High Block Defense
 Middle Block Defense
 Outside Block Defense
 Low Block Defense

Module Eight

Personal Defense Skills and Techniques (Optional).....
 Palm Heel Defense
 Fist Defense
 Hammer Fist Defense
 Forearm Defense
 Elbow Defense
 Knee Defense
 Kick Defense

Module Nine “Security Staff”- Optional

Weapon Retention Techniques
 Holstered Weapon Retention
 Elbow, Single Hand and Two Hand Retention Techniques

Module Ten

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

Module Eleven

Healthcare Restraint Holds/Applications
 Policies and Procedures for Restraining Patients
 Standing the Prone Subject (part 1)
 Standing the Prone Subject (part 2)
 Placing Patient onto Bed
 Holding Positions for Restraining
 Restraint Applications
 Use of Restraints
 Risk Factors for Restraints
 Strategies for Reducing Risk
 Chemical Restraints
 Positional Asphyxia

Training Drills and Exercises

Static Air Drills
Blocking Drills
Impact Drills
Partner Drills
Positioning Drills
Combination Drills

Healthcare Defensive Tactics System™ Review

Reference Guide and Bibliography

Healthcare Defensive Tactics System™ Student Training Requirements

- Healthcare Defensive Tactics System™ One Day Training Course Certification
 - 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.

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