



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 instructor 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.

Upon successful completion of the 16hr. (2-day) HDTSTM certification program, Instructors will receive the following:

- HDTSTM 3-year In-house Instructor certification -Personal Safety Training Inc.
- Authorization to train and certify staff in the:
 - HDTSTM 1-day certification course
 - HDTSTM recertification classes
 - HDTSTM modular training (for unique scheduling dynamics)
- The HDTSTM Instructor package includes:
 - PowerPoint CD for the HDTSTM one day and modular training courses.
 - HDTSTM Instructor manual
 - HDTSTM Student Guide “Healthcare Defensive Tactics System”
 - HDTSTM Student Handouts and Training Forms
 - **VIDEOS for each HDTSTM technique**
 - “Be Safe Not Sorry” the Art and Science of keeping YOU and your family Safe from crime & violence, David Fowler.
 - Maintenance of training records
 - Continual support from HDTSTM - Personal Safety Training Inc.

HDTSTM Instructor Course Outline Table of Contents

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

Appendix I

Reference Guide and Bibliography

Appendix II

Trainer Development Techniques

- Part 1 - Instructor Development Tools and Techniques
- Part 2 - Instructor Development Tools and Techniques

Appendix III

Instructor Requirements and Procedures

- Instructor Procedures
- Instructor Qualifications

Student Training Requirements

- Student Training Course Certifications
- Student Recertification Certification Form
- Student Written Test
- Student Written Test Answer Key
- Student Roster of Training

Student Proficiency Skills Test Check Sheet

Healthcare Defensive Tactics System™ Order Form

Healthcare Defensive Tactics System™ Safety Rules Form

Personal Safety Training Inc. Class Offerings

Healthcare Defensive Tactics System™ Instructor Requirements & Procedures

Instructor Procedures

- Certified instructors shall provide training in the Healthcare Defensive Tactics System™ training program to individuals in security, law enforcement, military, corrections, and protective services only.
- Each person trained in the Healthcare Defensive Tactics System™ training program must receive a Healthcare Defensive Tactics System™ Student Manual for their initial certification. The Healthcare Defensive Tactics System™ 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 Healthcare Defensive Tactics System™ 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.

Healthcare Defensive Tactics System™ Instructor Qualifications

- Healthcare Defensive Tactics System™ 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.

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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