



## SAFE HOLDING OF CHILDREN AND YOUNG ADULTS

### Overview

This course is designed for health and social care staff, whose main working role is to ensure the safeguarding of children and young adults. This training will provide delegates with a strong foundation knowledge on safe holding of children and young adults and how to effectively and safely physically restrain in situations appropriately needed.

### Outline of Programme

1. Definition of physical interventions
  - restraint
  - holding
  - touching
  - presence
  - verbal de-escalation
2. Restrictive physical holding
3. Who may use physical interventions?
4. Staff training and criteria for using physical interventions
5. Locking or bolting of doors
6. Notifications
7. Medical assistance and examination
8. Recording
9. Management review
10. The principles of good practice

For further information please contact our team on 0116 254 9174 or 07908242398 / 07540622933

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