

PMVA training requires that you:

- Have good general mobility when standing, including unrestricted movement of limbs and head.
- Can move from Standing to Kneeling (one knee) for support
- Can move from Kneeling to Lying down (Prone)
- Can move from Lying down to Kneeling (one knee) for support
- Can move from Skills Courses - Kneeling to Standing

The following list is a more detailed breakdown of the skills required to undertake the 3/5 day Restraint course and 1/2 day refreshers:

Holding Techniques	Disengagement Techniques:
Incident co-ordination skills	Wrist Holds (Single and Double)
Low level arm holds- 2 staff (Seated / Standing)	Seclusion – Entering/ Standing to lying on mat/ Exiting / Discuss Seclusion Review
Secure holds- 3 staff (arms/head - Standing/ Seated)	Wrist Holds (Single and Double)
Problem solving whilst seated on a chair/ bed (Legs/ Head/ Shoulders - Attempts to Stand)	Strangles (Front & Rear)/ Close Proximity (Front)
Guiding a patient from standing to kneeling and then to prone in stages (Secure) Arms/ Head	Punching & Kicking (Demonstration by Trainers only)
Prone problem solving – Arms/ Legs / Head / Swops of staff in these roles	Clothing Grabs
De-escalate – Seated/ Standing/ Kneeling/ Prone positions	Hair Holds (Front & Rear)
Prone to kneeling and then to standing (Shadow/ Support – 2 staff, arms / Secure 3 staff, arms/ head	3 rd Person Role – Assisting others (Hair Pulls/ Strangles)
Turning from prone to supine/ supine to prone (Arms / Head/ Legs)	
Supine to Seated and Seated to Supine (Arms/ Head roles)	
Seated on floor to Standing (de-escalate / shadowing, 2 staff for arms)	
Problem solving supine – Arms/ Legs/ Head) Swops on legs	

Negotiating Doors – Low level- 2 staff (Arms) / Secure - 3 staff (Arms/ Head)	
Seclusion – Entering/ Standing to lying on mat/ Exiting / Discuss Seclusion Review	
One Person Response: Turning patient away from conflict/ risk	

We care

We respect

We are inclusive