

The Technique Recap & Summary Risk Assessments are intended for reference purposes only and not as a self-teach aid or a substitute for comprehensive training. It is essential that the fidelity of a technique is not compromised, by way of modification or adaption or an absence of contextual understanding.

Technique Recap and Summary Risk Assessment

Technique: T Stance/Safety Stance

Prevention & Breakaways

Suitable for use with

(subject to individual behaviour support plan)

Adults



Young People



Children



Description

- This is not a hold, it is a technique to maintain safety and balance, enabling support workers to engage positively and assess risk.

Purpose

- For use when responding to a potential confrontation and/or engaging with a person we support. It is an initial response whilst dynamically assessing risk.

Effectiveness

- Low level response when responding to a low to medium level of arousal (when dynamically risk assessing the situation).

Skill retention factors to consider

T stance:

- Back leg at 90 degree angle
- Front leg at 45 degrees
- Body weight central
- Soft knees

Safety stance:

- Feet are parallel at 90 degrees
- Hands held to the front
- Body turned sideways on

Potential Risks**Person we are supporting**

A T Stance/Safety Stance is a technique to maintain safety and balance, enabling support workers to engage positively and assess risk. As such the potential psychological impact is minimal, that said consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

- Potential risk of being struck, but low level as it maintains space and proximity.
- The above risk could be increased if levels of arousal suddenly increase in the person we are supporting.

Date August 2024

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Technique Recap and Summary Risk Assessment

Technique: Defensive Stance

Prevention & Breakaways

Suitable for use with

(subject to individual behaviour support plan)

Adults



Young People



Children



Description

- Can be static or moving.
- This is not a hold.
- It is a technique that helps maintain the support worker's safety.

Purpose

- It is used to maintain the safety of the support worker.
- It allows a dynamic risk assessment when safely approaching a person we are supporting who may be in need of physical support.

Effectiveness

- Low to medium level response to all levels of arousal/intervention.
- Lead arm and trailing arm move simultaneously to create a defensive screen.
- Wide stance.
- Central body weight.

Skill retention factors to consider

- Trailing hand away from the face, to the level of jaw line.
- Fingers together, thumbs tucked in.
- Leading arm bent.
- Pushing and pulling with feet when moving in the defensive stance, ensuring that feet do not come together.

Potential Risks**Person we are supporting**

A Defensive Stance is a technique to maintain safety and balance, enabling support workers to engage positively and assess risk when safely approaching a person. As such the potential risk to the person being supported is minimal, that said consideration should be given to the potential of psychological impacts, reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

- Potential risk of being struck by the person you are supporting.
- The above risk could be increased if levels of arousal suddenly increase in the person we are supporting.

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Technique Recap and Summary Risk Assessment

Technique: Bite Prevention: Wave

Prevention & Breakaways

Suitable for use with

(subject to individual behaviour support plan)

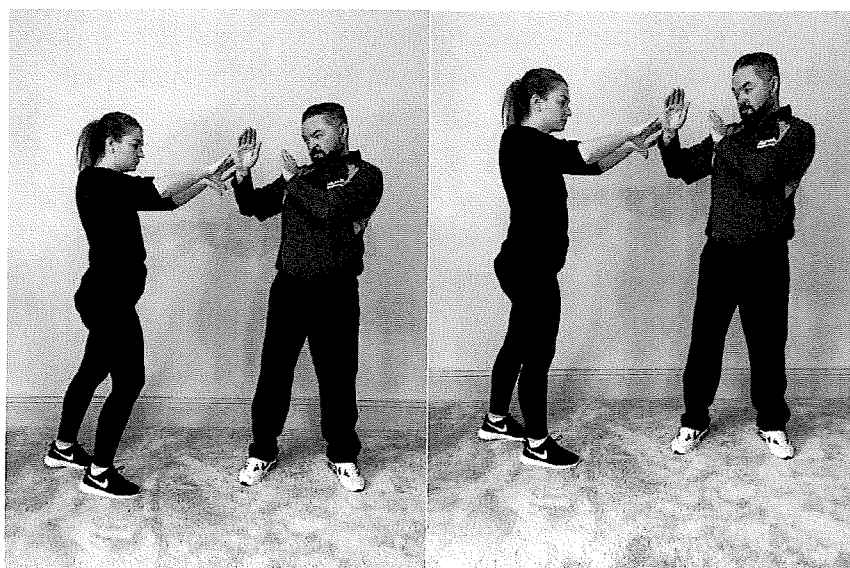
Adults



Young People



Children



Description

- One person technique.
- Used to keep the support worker safe and minimise the risk of being bitten (predominantly on the arm as this is most common).

Purpose

- To breakaway from unwanted physical contact and ensure the safety of the support worker and afford the person we support the opportunity to self-regulate.

Effectiveness

- Medium effectiveness.
- Requires a degree of positive response from the person we are supporting.

Skill retention factors to consider

- Consider whether there is an issue of communication e.g. is the person trying to communicate something to you? Is there a need for a breakaway technique?
- Turn side on (lessen the target area).
- Make space and proximity avoiding the person entering your personal space.
- Trailing hand protects the face.
- Orientation of the arm in a wave motion in order to minimise the risk of the person making contact with the arm.
- Avoidance of the person moving towards you.
- Increase distance to a non-aggressive stance, dialogue if appropriate (directing, calming, reassuring use of tone).
- Consider exits.

Potential Risks**Person we are supporting**

- This is an avoidance technique used to prevent the person you are supporting being able to make contact with your arm in a scenario where they intend to bite.
- As there is no contact with the person you are supporting the risks associated are minimal.
- There is a low level risk of the staff member's arm making contact with the face of the person we are supporting if the technique is not applied correctly and in a timely manner.
- In terms of psychological impact, consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

- Low level risk of ligament sprain.
- Low level risk of nerve damage.
- Low level risk of soft tissue damage.
- Low level risk of being kicked, struck, bitten if the behaviour of the person we are supporting escalates.

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Technique Recap and Summary Risk Assessment

Technique: Clothing Grab: Single Handed

Prevention & Breakaways

Suitable for use with

(subject to individual behaviour support plan)

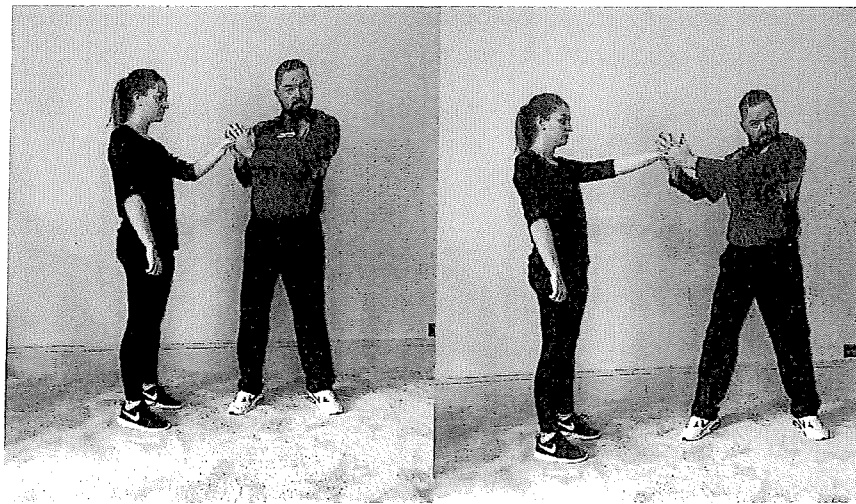
Adults



Young People



Children



Description

- One person technique.
- A low level response that allows you to continue communicating with the person you are supporting to allow de-escalation and defusion to continue.

Purpose

- To breakaway from unwanted physical contact and ensure the safety of the support worker and afford the person we support the opportunity to self-regulate.

Effectiveness

- Medium effectiveness.

Skill retention factors to consider

- Consider whether there is an issue of communication e.g. is the person trying to communicate something to you? Is there a need for a breakaway technique?
- Ask the person to let go of the clothing.
- Sideways on, wide base, neutral spine.
- Face turned away.
- Cup the person's hand with your own hands, draw the clothing upwards taking it to the limit of the fabric removing the garment from the grasp.
- The clothing releases from the weakest part of the hand (little finger).
- Consider exits.

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Technique Recap and Summary Risk Assessment

Technique: Wipeaway

Prevention & Breakaways

Suitable for use with

(subject to individual behaviour support plan)

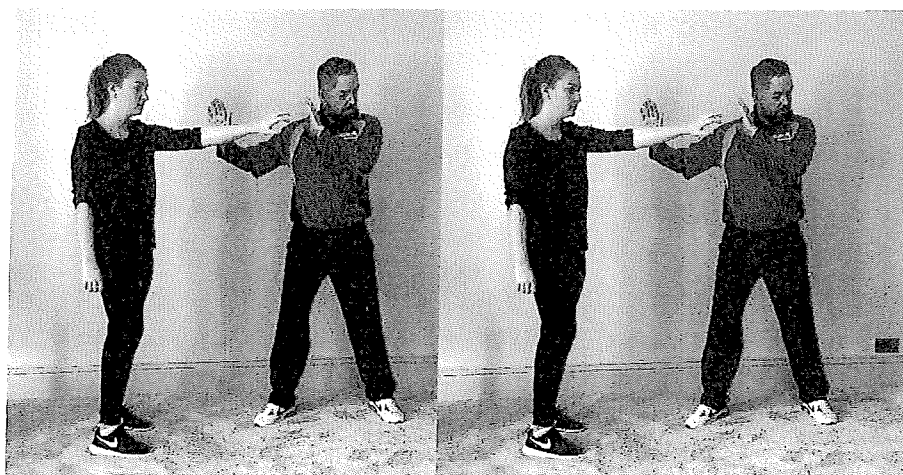
Adults



Young People



Children



Description

- One person technique.
- Breakaway/preventative technique, used to keep yourself safe from unwanted physical contact.
- In response to a person attempting to strike or grab hold of the support worker.

Purpose

- To breakaway from unwanted physical contact and ensure the safety of the support worker and afford the person we are supporting the opportunity to release the grab/avoid striking the support worker.

Effectiveness

- Medium effectiveness.

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Technique Recap and Summary Risk Assessment

Technique: Walk & Talk

Phase 1

Suitable for use with

(subject to individual behaviour support plan)

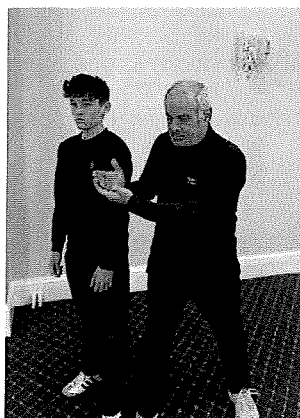
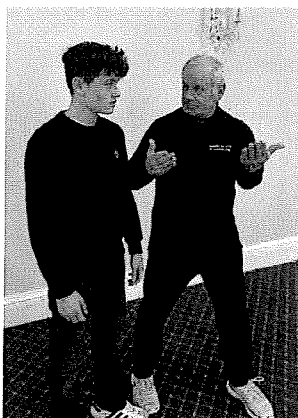
Adults



Young People



Children



Description

- This is not a hold, it is a non restrictive technique to maintain safety and balance, enabling support workers to engage positively and assess risk whilst walking and talking.
- Please note: The technique becomes restrictive if in the context of preventing the person from moving towards a source of risk or potential danger.

Purpose

- For use when responding and engaging with a person we support. It is an initial response whilst dynamically assessing risk.

Effectiveness

- Low level response when responding to a low to medium level of arousal (when dynamically risk assessing the situation).

Skill retention factors to consider

- First point of contact with the flat aspect of the leading arm
- Mid point between the shoulder and the elbow
- Palm facing away
- Trailing hand can be used for signalling
- Walking next to the person whilst engaging in dialogue

Potential Risks**Person we are supporting**

- Walking & Talking is a non restrictive technique to maintain safety and balance, enabling support workers to engage positively and assess risk. As such the potential psychological impact is minimal, that said consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

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- The above risk could be increased if levels of arousal suddenly increase in the person we are supporting.

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Technique Recap and Summary Risk Assessment

Technique: Walk & Talk (Wisp)

Small Children Techniques

Suitable for use with

(subject to individual behaviour support plan)

Adults

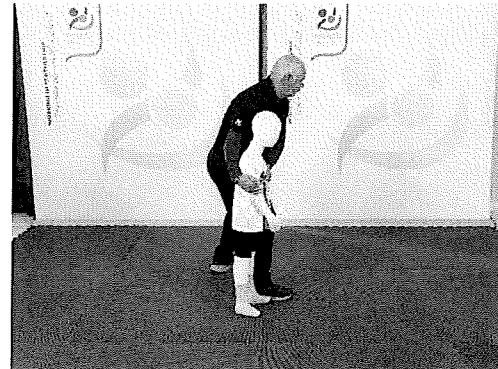
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Young People

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Children

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Description

- One person technique.
- Suitable for use with KS1 & 2.

Purpose

- An initial response whilst dynamically risk assessing.
- To move the child away from a potential risk.

Effectiveness

- Low level response when responding to a low to medium level of arousal.
- Low to medium level of effectiveness.

Skill retention factors to consider

- Soft grasp using V cup, on either arm, in between elbow and shoulder, from side of child.
- Trailing hand is reverse V cup.
- Ensure close proximity to maintain stability and emotional containment.
- Using inside leg to pivot direction.
- Walk alongside the child, maintaining emotional support.
- Re 'Wisp' – when turning, rotate reverse V cup back to V cup.
- Rotate the child to face the direction they need to walk in.

Potential Risks**Person we are supporting**

- Bruising to upper arm if V cup grasp is too firm.
- Falling/trip hazard at point of pivot.

Support Workers

- Falling/trip hazard at point of pivot.

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Technique Recap and Summary Risk Assessment

Technique: Comfort Embrace

Small Children Techniques

Suitable for use with

(subject to individual behaviour support plan)

Adults

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Young People

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Children

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Description

- One person technique.
- Suitable for use with KS1 & 2.

Purpose

- To offer physical emotional containment when a child is distressed.

Effectiveness

- Low to medium level technique for use when a child is in a low to medium level of arousal and able to respond positively.

Skill retention factors to consider

- Soft grasp using V cups on both arms in between shoulder and elbow.
- Trailing hand is reverse V cup.
- Ensure close proximity to maintain stability and emotional containment.
- Stationary technique – transition to Walk & Talk (Wisp) if walking would help defuse and de-escalate the situation.

Potential Risks

Person we are supporting

- Bruising to upper arm if V cup grasp is too firm.

Support Workers

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Technique Recap and Summary Risk Assessment

Technique: Seated Comfort Embrace

Small Children Techniques

Suitable for use with

(subject to individual behaviour support plan)

Adults

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Young People

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Children

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Description

- One or two person technique.
- Suitable for use with KS1 & 2.

Purpose

- To offer physical emotional containment when a child is distressed in a seated position (in line with soft chair policy).

Effectiveness

- Low to medium:
 - 1 person low
 - 2 persons medium

Skill retention factors to consider

- Soft grasp using V cups on both arms in between shoulder and elbow.
- Call for 2nd person to provide chair or soft chair.
- Gradually lower yourself and the child in a controlled manner, ensuring the child is sat upright.
- No leaning forward.

Potential Risks**Person we are supporting**

- Keep child in upright position to prevent restriction of the diaphragm.
- If V cup grasps are too tight it could cause bruising to arms.

Support Workers

- Spitting
- Potential headbutts/kicks

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Technique Recap and Summary Risk Assessment

Technique: Up & Go

Small Children Techniques

Suitable for use with

(subject to individual behaviour support plan)

Adults

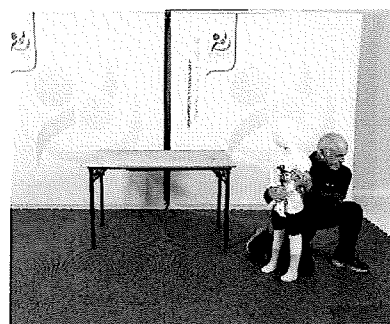
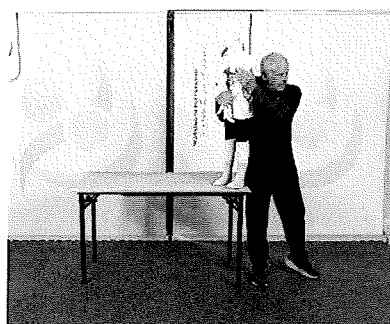
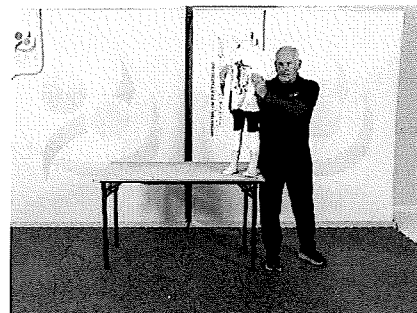
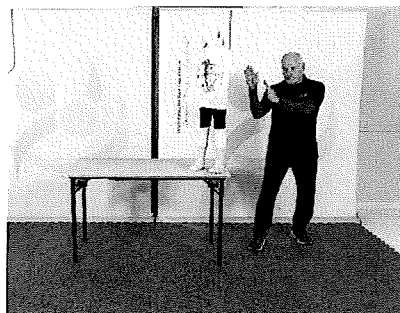
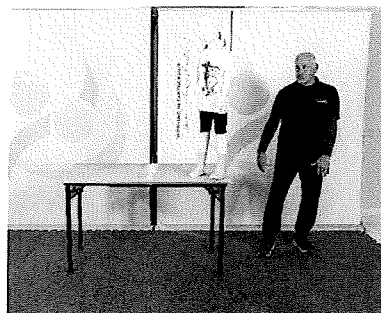
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Young People

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Children

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Description

- One person technique.
- Suitable for use with KS1 & 2.

Purpose

- To move a child away from danger i.e. if they need to be lowered from a table or chair or are emotionally distressed.

Effectiveness

- Low level response to a low level of arousal.
- Very effective (as per example above).
- Low to medium effectiveness.

Skill retention factors to consider

- Use Up & Go technique if Comfort Embrace is not effective/possible.
- Moving in a push/pull motion, hands magnetised to head.
- Approach from the rear.
- Trailing hand - soft grasp using V cup, between elbow and shoulder.
- Leading hand - soft grasp using V cup, between elbow and wrist.
- Inside knee drops down maintaining emotional support.
- Consider moving to Comfort Embrace as situation de-escalates.

Potential Risks**Person we are supporting**

- Falling hazard if grasp is not secure.
- Ensure child's arm is not positioned across diaphragm due to risk of breathing difficulties.
- No holds on joints, ensuring grasps are above and below the elbow.

Support Workers

- Falling hazard if grasp is not secure.
- Knee injury, if lowering is not controlled.
- Spine – need to ensure body is kept upright, straight and neutral.

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Technique Recap and Summary Risk Assessment

Technique: Single Embrace

Phase One

Suitable for use with

(subject to individual behaviour support plan)

Adults



Young People



Children



Description

- One person technique.
- Standing and walking.
- Can also be seated.

Purpose

- Low level response to a low level arousal.
- Moves the person away from the potential risk.

Effectiveness

- Low to Medium.
- Requires a degree of positive response from the person you are supporting (this will be reliant on the knowledge of the adult /child/young person and how they react).

Skill retention factors to consider

- Hips in close.
- Over grasp.
- Soft grasp of person's arm, just above the elbow.
- Head up face away.
- Walk and talk - engaging in conversation, using defusion and de-escalation strategies.

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Technique Recap and Summary Risk Assessment

Technique: Adapted Embrace

Phase One

Suitable for use with

(subject to individual behaviour support plan)

Adults

✓

Young People

✓

Children

✓



Description

- One person technique .
- Standing and walking.
- For use when you have previous knowledge of a person you are supporting who hasn't responded positively to a single embrace.
- Can also be seated.

Purpose

- Low level intervention, in response to a low level arousal, however can easily be raised to a medium level response to a medium level of arousal.
- It is used to move the person away from a potential risk with support as appropriate.

Effectiveness

- Low to medium.
- Requires a degree of positive response from the person you are supporting (this will be reliant on the knowledge of the adult/child/young person and how they react).

Skill retention factors to consider

- Hips in close.
- Over grasp.
- Soft grasp of person's arm, just above the elbow.
- Head up face away.
- Walk and talk - engaging in conversation, using defusion and de-escalation strategies.
- Leading hand moves in a big circular motion – drawing arm up (waving at the other side of the room).
- Gathering forearm in an over grasp above the wrist in a forward motion.

Potential Risks**Person we are supporting**

- Trip hazard - as it is a moving hold, and depending on the motor skills of the person.
- Non-intentional contact with side of chest area.
- Treading on person's toes.
- Disparity in height may cause the hold to become unstable.
- In terms of psychological impact, consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

- Person could easily break out of the hold- risk of being struck.
- Risk of head-butt if head position is incorrect.
- Trip risk - be mindful of stance (hips in, wide base, neutral spine).

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Technique Recap and Summary Risk Assessment

Technique: Standing Double Embrace

Phase Two

Suitable for use with

(subject to individual behaviour support plan)

Adults

✓

Young People

✓

Children

✓



Description

- Two person technique.
- Standing only.
- Can be static or walking.
- Need to ensure you are familiar with the summary risk assessment for variables including size, health conditions and appropriateness of the hold.

Purpose

- For use when attempting to apply a Phase Two hold on a person who demonstrates behaviour that may challenge when the difference in height between the person and staff makes a Cupped Hand unsafe to use.

Effectiveness

- Medium to high effectiveness in response to a medium to high level of arousal.
- Very effective if the person you are supporting is known to bite.
- Very good for phasing up or down, particularly good for phasing down to Figure of Four or Single Embrace.

Skill retention factors to consider

- ONLY TO BE DONE IN A STANDING POSITION.
- Under hand grasp, no thumbs.
- Thumb into crook of arm, drawing arm back (creating a window).
- Keep thumbs out to avoid ribs.
- Person you are supporting's hand needs to sit in the cup of the staff hand.
- Leave option.

Potential Risks**Person we are supporting**

- Potential pressure from support workers knuckles on rib cage.
- This technique should never be used as a seated version due to the elevated risk.
- In terms of psychological impact, consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

- Support workers may be open to head-butting, hitting, striking out if the technique is not appropriate to the circumstances.

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Technique Recap and Summary Risk Assessment

Technique: Figure of Four

Phase Two

Suitable for use with

(subject to individual behaviour support plan)

Adults

✓

Young People

✓

Children

✓



Description

- Two person technique.
- Static or moving.
- Can be seated.

Purpose

- A two person technique used to support a person when a Phase One hold is not effective.

Effectiveness

- Medium effectiveness to a medium level of arousal.
- Useful as it is transitional (can be phased up or down) depending on the arousal levels of the person you are supporting.

Skill retention factors to consider

- Team work, communication and timing.
- Make sure your hand is holding the person's arm in the 'heel' of your hand.
- Ensure correct positioning of person you are supporting's arms.
- Hips in, wide base, head up, face turned away.

Potential Risks**Person we are supporting**

- Risk to person we are supporting increases if they drop or refuse to support their own weight. Also increased with increased weight of person we support.
- Torsion and bruising if grasp is incorrectly applied.
- Increased risk to armpit from the position of the hold – pressure on nerves/blood vessels beneath the skin.
- In terms of psychological impact, consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

- Risk of person you are supporting breaking out of technique by pushing arms forward.
- Due to the body positioning in this technique, there is:
 - Risk from spitting by person we are supporting
 - Risk of head-butt by person we are supporting
 - Risk of bites by person we are supporting

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Technique Recap and Summary Risk Assessment

Technique: Shoulder Embrace

Phase Two

Suitable for use with

(subject to individual behaviour support plan)

Adults



Young People



Children



Description

- Two person seated technique.

Purpose

- A two person hold used to support a person when staff members are unable to support the behaviour that may challenge with a Phase One hold.

Effectiveness

- Medium effectiveness to a medium level of arousal
- Useful as it is transitional (can be phased up or down) depending on the arousal levels of the person you are supporting.

Skill retention factors to consider

- Team work, communication and timing.
- Once in a seated position place your leading arm over the arm of the person, draw your elbow back in between you and the person.
- Place the back of your shoulder to guard over the shoulder of the person.
- Be aware of where hands/arms are going –ensure your elbow does not make contact with the torso/ribs of the person.
- Place trailing hand to the person's lower forearm with an over grasp.
- Hips in, wide base with your foot flat to the floor, face turned away.

Phase Two

Technique: Shoulder Embrace

Potential Risks	
Person we are supporting • Torsion and bruising if the technique is incorrectly applied. • Increased risk to shoulder from the position of the hold if the person you are supporting continually attempts to push forwards – pressure on nerves/blood vessels beneath the skin. • In terms of psychological impact, consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.	Support Workers • Risk of person you are supporting breaking out of technique by continuously pushing forward • Due to the body positioning in this technique, there is: ○ Risk from spitting by person we are supporting ○ Risk of head-butt by person we are supporting ○ Risk of scratching by the person we are supporting ○ Risk of bites by person we are supporting
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Technique Recap and Summary Risk Assessment

Technique: Bite response (fix and hold)

Prevention & Breakaways

Suitable for use with

(subject to individual behaviour support plan)

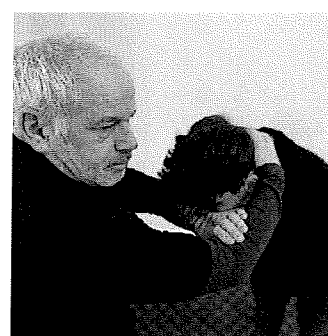
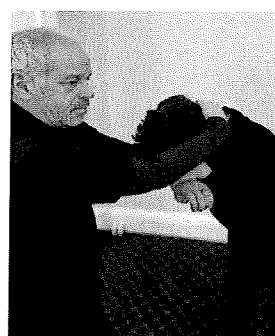
Adults



Young People



Children



Description

- One person technique.

Purpose

- To breakaway from unwanted physical contact and ensure the safety of the support worker and afford the person we support the opportunity to self-regulate.

Effectiveness

- Medium effectiveness.

Skill retention factors to consider

- Consider whether there is an issue of communication e.g. is the person trying to communicate something to you? Is there a need for a breakaway technique?
- Ask the person to let go.
- Trailing hand – place palm on back of person's head, away from cervical vertebrae.
- Leading hand interlocks onto trailing hand forearm.
- Wide base, soft knees, neutral spine
- Do not apply any pressure or force onto person's head, only enough pressure to prevent them pulling away.
- Engage in de-escalation/defusion techniques.
- Consider exits.

Person we are supporting

- Low level risk of ligament sprain.
- Low level risk of nerve damage.
- Low level risk of soft tissue damage.
- In terms of psychological impact, consideration should be given to reconstructive anxieties and previous experiences in relation to trauma of the person being supported.

Support Workers

Training and supervision needed

- Low level risk of ligament sprain.
- Low level risk of nerve damage.
- Low level risk of soft tissue damage.

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