



## Response Options Training – Workplace Violence

6 hours – Optimum class size up to 20 students

### Training Description:

This workshop will include lecture, group discussion and live scenario drills practice. Each practice session will build on the previous skill learned. Participants will learn how to respond to a workplace violence that poses a threat of bodily harm or life. They will focus in on four key areas; Evacuation, Communication, Barricade and Disruptive Methods.

### Training Objective:

This workshop includes the following chapters of discussion; Facts and Statistics, Criminal Mindset, The Workplace, Communication, See Something Say Something, Evacuation Routes and Planning, Barricade and Disruptive Behavior and Responses.

Participants will practice and work together in teams to learn what to do, when to do it and understand what a survivor's mindset is.

The statistics and techniques are based on A.L.I.C.E principals (Alert, Lockdown, Inform, Counter and Evacuate).

### Skill Attainment:

Participants will gain lifesaving knowledge and skills in evacuation, barricading, defensive and offensive maneuvers to survive threat of bodily harm or of life. They will improve their active listening skills, verbal and non-verbal team communication skills, as well as, how to talk to EMS.

Stop the Bleed skills and certificate of completion will be provided to those who practice and return demonstrate how to apply a tourniquet to yourself and others.

**Lecture and Group Discussion** - Overview of Survivors Mindset

**Lecture and Group Discussion** - Statistics and Historical Facts

**Lecture and Group Discussion** - Teach Principals of Survivors Mindset, Evacuate, Barricade, Response Options

**Practice and Drills:** Evacuate, Lock Down, Barricade, Response Options

**Stop the Bleeding:** Tourniquet, Puncture Wounds, Different Types of Bleeding