



Behavioural  
Support  
Strategies

# BSS LONE WORKING & PERSONAL SAFETY



Bild  
Association  
of Certified  
Training

**DO YOUR  
STAFF**

**DO YOU WORK ON YOUR  
OWN?**

Training developed to meet the needs of your  
service and the people you support

---

**WORK ALONE /  
LONE WORKING**

---

**TRAVEL OUT  
AND ABOUT**

---

**WORK WITH  
VULNERABLE PEOPLE**

---

**DELIVER  
DIFFICULT NEWS**

---

**WORK LATE /  
UNSOCIALABLE HOURS**

---

**HAVE A HIGH LEVEL OF  
INTERACTION WITH  
PUBLIC**

---

- ⇒ Identify the Potential Risks and Risk Assessment Tools
- ⇒ Recognise factors that trigger conflict and Behaviours that cause concern within situations
- ⇒ Recognise when the person is becoming Agitated
- ⇒ Intervene Early
- ⇒ De-Escalation and Calming Interventions
- ⇒ Communication Skills
- ⇒ Legal Issues
- ⇒ Promote Choice, Dignity and Inclusion through individualised behaviour support plans

**BREAK AWAY TECHNIQUES & SAFE  
HOLDS**

- Trained as a last resort
- Biomechanically Assessed
- Emotional & Psychological Affect Assessed
- Avoid Pain
- Do not hold on the joints
- Principles ensure minimum force and duration
- Risk Assessed, gender, medical issues

**FOR MORE INFO CONTACT**

**01224 575838**

**[info@behaviouralsupportstrategies.com](mailto:info@behaviouralsupportstrategies.com)**

**[www.behaviouralsupportstrategies.com](http://www.behaviouralsupportstrategies.com)**