

Protect Self and others using basic defensive techniques (CPPSEC2017A)

This competency standard covers the process of applying basic defensive techniques in a security risk situation. It requires the ability to use basic lawful defensive techniques to protect safety of self and others within requirements of applicable legislation. This work would be carried out under supervision and organisational guidelines.

On completion of the unit the student will be able to:

- 1 Identify need to use defensive techniques
- 2 Apply basic communication and negotiation techniques
- 3 Apply basic defensive techniques

ELEMENT

PERFORMANCE CRITERIA

1 Identify need to use defensive techniques

- 1.1 Applicable provisions of legislative and organisational requirements relevant to the application of defensive techniques are identified and complied with.
- 1.2 Factors which might impact on own or others safety are identified and appropriate response procedures evaluated against use of force guidelines.
- 1.3 Causes of conflict and harmful behaviour are anticipated and appropriate responses to prevent escalation are implemented.
- 1.4 Alternative response options are assessed for viability and withdrawal options are identified and incorporated into defensive options.
- 1.5 Personal safety needs are identified and assistance sought from relevant persons as required.

2 Apply basic communication and negotiation techniques

- 2.1 Effective interpersonal techniques are used to facilitate an effective exchange of information.
- 2.2 Communication is conducted in a courteous manner and reflects sensitivity to individual social and cultural differences.
- 2.3 Basic negotiation techniques are used to maintain positive interaction and divert and minimise aggressive behaviour.

- 2.4 Contradictions, ambiguity, uncertainty or misunderstandings are identified and clarified.
- 2.5 Factors which might impact on the safety and security of self and others are anticipated and contingency measures are formulated and implemented as required.
- 3 Apply basic defensive techniques
 - 3.1 Appropriate basic defensive techniques are selected to maintain safety and are applied within use of force guidelines.
 - 3.2 Movements and actions of subject are monitored to anticipate movement and aggressive actions.
 - 3.3 Stance and distance from subject is maintained to maximise ability to apply recognised hold techniques quickly and discontinue contact at cessation of threat.
 - 3.4 Assistance requirements are determined and requested in accordance with organisational procedures.
 - 3.5 The need to restrain, secure or escort subject is established and appropriate response implemented.
 - 3.6 Relevant documentation is completed and securely maintained in accordance with organisational procedures.

Control Persons Using Empty Hand Techniques CPPSEC3013A

This unit of competency has wide application in the security industry in those roles providing guarding and personal protection activities. Competency requires legal and operational knowledge applicable to relevant sectors of the security industry. The knowledge and skills described in this unit are to be applied within relevant legislative and organisational guidelines.

On completion of the unit the student will be able to:

1. Identify need to use empty hand techniques.
2. Apply defensive techniques.
3. Isolate subject
4. Evaluate response.

ELEMENT

PERFORMANCE CRITERIA

1 Identify need to use empty hand techniques

1.1 Applicable provisions of legislative and organisational requirements relevant to own role, competence and authority are identified and complied with.

1.2 Movements and actions of subject are continually observed to anticipate movement and aggressive actions.

1.3 Stance and distance from subject maximises range of defensive options and tactical advantages in physical contact.

1.4 Alternative response options are assessed for viability and withdrawal options are identified and incorporated into defensive options.

1.5 Personal safety needs are identified and maintained.

1.6 Appropriate interpersonal techniques are used and communication is maintained with subject.

2 Apply defensive techniques.

2.1 Empty hand techniques are applied in accordance with use of force guidelines.

2.2 Grip on subject is secure, firm and applied using level of force proportionate to the context of the threat.

2.3 Holds are applied quickly to appropriate areas of the body using recognised techniques.

2.4 Strikes and blows from subject are anticipated and positioning is adopted, parried or blocked using recognised techniques.

2.5 Contact with subject is limited to the minimum necessary to removing immediate threat and is discontinued at cessation of threat.

3 Isolate subject.

3.1 Weapons and potentially dangerous items are removed from subject and located a safe distance from incident area.

3.2 Situations requiring assistance are identified and sought from relevant persons.

3.3 Subject is maintained at safe distance from members of the public and opportunities for escape are identified and minimised.

3.4 Restraint of subject is conducted in compliance with established procedures.

3.5 Subject is escorted from incident scene to a secure location in accordance with organisational procedures.

4 Evaluate response.

4.1 Effectiveness of response is reviewed and evaluated against circumstances of the incident.

4.2 Incident observations are provided accurately and constructively.

4.3 Review findings identify areas for improvement and recommendations for amendment of response procedures are provided for future practice.

4.4 Relevant documentation is completed and securely maintained with due regard to confidentiality in accordance with organisational procedures.

4.5 Effects of stress and other issues related to own well-being are recognised and managed using appropriate stress management techniques.

SAMPLE OF THE MANUAL

DEFENSIVE STANCE

The defensive stance is a non-aggressive position, which is adopted to provide a stable platform to enable balance (left/right and front/rear). This stance creates greater strength in thrusts and defensive techniques through the use of the hips and body rotation. It allows a person to move quickly, whilst maintaining balance and stability. Any patrons can witness that the security officer used non-threatening body language as a first reaction to control the subject. Witnesses and video footage can provide evidence that the subject was non-compliant or initiated the security officer's reaction.

Stance

This stance utilises a "Bladed Stance"

The master and support foot angled at approx 45-degrees.

Both feet shoulder width and depth apart.

Weight is placed on the balls of the feet.

Knees are slightly bent

Body weight is positioned evenly throughout both feet.

Both hands should be raised to the front. The support hand is placed slightly forward in the "Stop" position. The palms should be facing towards the subject indicating a non-aggressive behaviour. The elbows should be pointing to the ground, acting as a guard for the ribs and centre line.

In a situation where the officer is dealing with a patron that is non-aggressive the officer should still stand in a bladed stance with their hands cupped to the front (as seen in figure 1). This provides balance and the time to react in case the necessity arises to defend oneself.



Figure 1: Defensive stance

RESTRAINTS

Every Security organisation should have policies relating to the use of force and the empty hand control techniques that can be used for self-defence and/or restraint.

Option 1: Removal (No physical Contact): Using tactical communication and asking the patron to leave may result in not having to use physical contact and simply require the officer to escort the patron from the premises.

Option 2: Escort Position: The next level of escort is the Passive Escort position (holding the patron by the wrist and the tricep and escorting them from the premises) This is for a patron that requires physical contact as they are using passive resistance, however there is not an immediate threat of violence.

Option 3: Two Person Shoulder-lock: The next level of escort is the two person shoulder-lock. This would be if the officer reasonably believes the patron will use active physical aggression and therefore using the passive escort would increase the risk of injury to the officers or patrons.

Escort Position

The Escort position is a technique used for removing a non-aggressive subject from a specific location. Normally it is safest to approach a subject at a 45-degree angle from the rear. Studies have shown that 85 to 90% of people are right handed; therefore on the law of averages it is best to control the subject's strongest side which is normally the right hand side. However, as in the case of the below example, an officer may be dealing with a left-handed person. Be aware on the approach and take hold of the subject with an over-hand grip just above the elbow whilst taking hold of the subject's wrist.



Figure 1



Figure 2

Shoulder Escort

Two Person Shoulder Lock:

If the officer has the assistance of a colleague, they can both perform the shoulder-escort position. The officer shoots his arm between the subject's upper arm and back before cutting down with the forearm over the subject's tricep. The officer should then clasp his or her hands using a vice like grip. The officer rotates his arm over keeping the subject's elbow close to the officer's upper chest and should then stand side on to the subject whilst bending his or her knees to lower their centre of gravity creating a stable platform.



Figure 1 & 2: Shoot the arm in.



Figure 3 - 4: Clasp his hands over



Figure 5 – 6: Rotate Arm over



Figure 7: Bend the knees