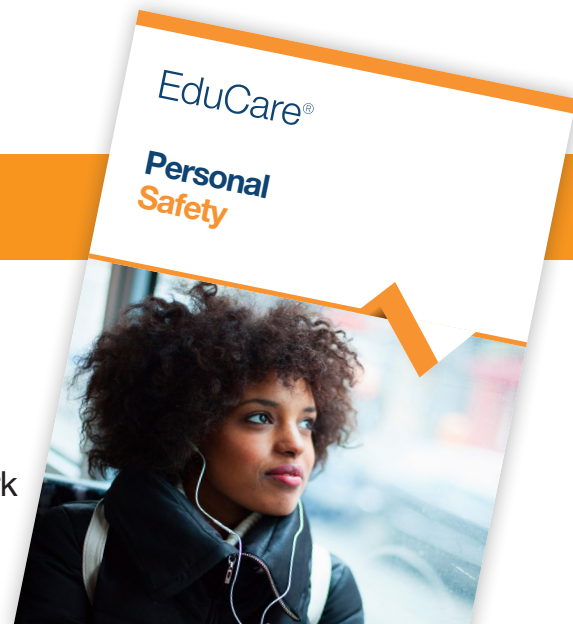


## Personal Safety

This EduCare programme has been accredited with the Association of Chief Police Officers' 'Secured by Design' seal of approval, which is awarded to products or services that reduce crime or the fear of crime. The skills and techniques contained within the programme are appropriate for both work and leisure safety.



### Key features

- Level 2 programme (as graded against the nationally accepted levels and equivalent to GCSE grades A\* - C).
- Three modules with multiple choice questionnaires.
- Three CPD hours with a personalised downloadable certificate.
- 70% pass mark.
- Optional narration of each module for accessibility.
- Additional resources for further learning and printable modules for future reference.

### Programme objectives

This programme outlines the ways to stay safe and reduce the risk of being a victim, in both personal and work settings.

1. Understand what you could do to defuse potentially threatening confrontations.
2. Know how to use key risk assessment strategies.
3. Learn who is statistically most at risk.
4. Know what precautions to use to travel more safely.
5. Identify the risks attached to working in other people's homes and the strategies you can use to deal with them.



### Target audience

This programme is relevant to all, as it covers personal safety in your leisure time and staying safe whilst at work.



## Module content:

### 1. The Facts about Personal Safety

- The different forms of threat.
- Facts and statistics.
- How to assess risk.
- The Think-Plan-Act steps.

### 2. Diffusing Difficult Situations and Tips for Staying Safe

- Fight or Flight.
- Intervention and defusing an argument.
- Travelling safely.
- Online safety and safety at work.

### 3. Working in other people's homes

- Health & safety regulations.
- Assessing and managing risks.
- Managing and reporting incidents at work.
- Dealing with the aftermath.

## Why choose us?

“ I have used EduCare for several years, with my current and previous employer. The courses are a very practical and cost effective way of staff accessing training on a wide variety of subjects. ”



Dave Cartlidge,  
Training Manager, Wrixon Care



“ Very engaging content, easy to load, use and review. Very happy with the training. ”

Michael Peter Hewitt,  
Sound Waves South West



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