



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED
香港物理治療學會有限公司

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Occupational Safety, Health and Rehabilitation Specialty Group

Certificate Course of Breakaway Techniques

脫身法技巧課程

***Remarks: This course is a recurring offering, previously conducted in both 2020 and 2021. Welcome to both newcomers and repeaters.**

- Date : 17 Aug 2024 (Sat)
- Time : 1400 to 1800 (Registration starts at 13:45)
- Venue : CBCC815, Saint Francis University
(formerly known as Caritas Institute of Higher Education)
2 Chui Ling Lane, Tseung Kwan O, N.T., Hong Kong
(Exit B, Tiu King Leng MTR station)
- Speaker : **Mr. Simon TSE**
Licensed Physical Restraint & Breakaway Instructor (NFPS)
MSc in Sports Medicine and Health Science (CUHK)
Registered Physiotherapist (HK)
- Capacity : 20 (Drawing lots will be arranged in case of over-registration. Priority will be given to OSHRSG members)
- Medium of Instruction : Cantonese with English supplemented
- Certificate : Certificate issued by Licensed Physical Restraint & Breakaway Instructor (NFPS)
- Fee : HK\$ 550 for OSHRSG / student members
HK\$ 600 for HKPA / MPTA members
HK\$ 1200 for non-HKPA or MPTA members
- CPD points : 4 (To be confirmed)
- Online Registration : Registration Link: <https://forms.gle/L41NbcvyZeQUBnEC6>
- All applicants will be notified via email of the enrollment result after the registration deadline. “Notice of successful applicants” will be posted on the web page of HKPA Ltd at least 1 week before the course. Successful applicants will be required to settle the payment by sending a crossed cheque within 1 week after email confirmation, or else the place will be transferred to applicants on the waiting list.
- Deadline : 26 Jul 2024 (Fri)
- Enquiries : Mr. Curtis WONG
Tel: 5610-2489 Email: curtiswong.physio@gmail.com

Register Now!!



Certificate Course of Breakaway Techniques

脫身法技巧課程

This course is designed to provide appropriate and effective techniques of physical intervention when frontline staffs are faced with the imminent threat or violence at workplace. Members will be equipped with practical skills to promote legally defensible approaches and develop basic competencies in response to assaultive behaviors using breakaway techniques.

Course Content

1. What is Physical Restraint?

- The definition
- Restrictive and Non-Restrictive Intervention

2. Laws Govern the Use of Physical Force for Restraint

- What is Reasonable?
- Is it legal to use physical force for physical restraint
- A list of lawful excuse for use of force
- Two issues for Reasonable Force
- Unlawful purpose for using force
- Case Studies

3. The Stances when using force and in face of challenging situations

- Natural Stance
- Natural Stance Foot Forward
- Front Stance and Side Stance
- In face of Push and Pull

4. The Breakaway Techniques

- Front Strangle
- Neck Lock /Hold
- Various Grabs
- Collar Grab
- Hair Grab
- Release from Bite
- Others

About Speaker

Mr. Simon Tse attained BSc (Hons) in Physiotherapy from the PolyU. He later went on to complete MSc in Sports Medicine and Health Science from the CUHK. He has years of experience treating patients with complex medical needs in acute and outpatient settings in Queen Elizabeth Hospital. He provided community services at both center and home care setting for persons with disabilities in The Christian Family Service Centre (CFSC) since 2018. Apart from work duties, he has also undertaken voluntary work in local and international sports events. He contributed as a team physiotherapist for the Hong Kong team in various overseas competitions, including World Orienteering Championships 2018, World Para Bowling Tour 2018 (Sarawak - Malaysia) & ITTF Asian Para Championships 2019. He became a licensed NFPS Physical Restraint & Breakaway Instructor in 2019. Since then, he has taught more than 100 colleagues the Breakaway technique in both CFSC and HKPA over the past years.

Special Weather Arrangement

When Tropical Cyclone Warning Signal No. 8 (or a higher number) and / or Black Rainstorm Signal is hoisted, the following arrangements will apply.

For classes and examinations have not yet started

If Typhoon Signal No. 8 and / or Black Rainstorm Signal are / is in force 2 hours before the course, the course will be cancelled.

For classes and examinations that have already started

When Typhoon Signal No. 8 or above is hoisted, classes will be immediately suspend.

Fees paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstances deemed acceptable by HKPA.