



Co-organized by
**THE HONG KONG
 POLYTECHNIC UNIVERSITY**
 香港理工大學

 康復治療科學系
 Department of Rehabilitation Sciences

Occupational Safety, Health and Rehabilitation Specialty Group

Courses on Preventing Injury from Workplace Violence

Level 1: Certificate Course of Breakaway Techniques(脫身法技巧課程)

Level 2: Certificate Course of Restraint Techniques(約束法技巧課程)

Co-organized by Department of Rehabilitation Sciences, PolyU

***Remarks:**

- Level 1 course was previously organized by HKPA in 2020, 2021, and 2024. It welcomes both newcomers and repeat participants.
- Completion of Level I (i.e. 2-year validity) is a prerequisite for application of Level 2.
- ONLY persons who have completed Level 1 course on or after 9 Jan 2024 are valid for joining this Level 2 course.

Date : 10 Jan 2026 (Saturday)

Time : Level 1 : 0930 to 1300 (Registration starts at 09:15)
 : Level 2 : 1400 to 1730 (Registration starts at 13:45)

Venue : GH016, The Hong Kong Polytechnic University
 11 Yuk Choi Road, Hung Hum

Speaker : Mr. Simon TSE
 Licensed Physical Restraint & Breakaway Instructor (NFPS)
 MSc in Sports Medicine and Health Science (CUHK)
 Registered Physiotherapist (HK)

Target participants : Physiotherapists

Capacity : Level 1: 20
 Level 2: 15
 (Drawing lots will be arranged in case of over-registration. Priority will be given to OSHRSG members)

Medium of Instruction : Cantonese with English supplemented

CPD points (Code) : Level 1 : 2 (AN1250867)
 Level 2 : 2 (AN1250868)

Fee :

Registration NOW!!!



Level 1	Level 2
HK\$ 550 for OSHRSG / student members	HK\$ 550 for OSHRSG / student members
HK\$ 600 for HKPA members	HK\$ 600 for HKPA members
HK\$ 1200 for non-HKPA members	HK\$ 1200 for non-HKPA members

Application : Please fill in the application form via the link:

<https://forms.gle/1gA47ybHtv2BnD8n7>

Payment : Enrolled participants will receive a payment notification via FPS if they are successfully selected.

- Deadline of Application : Extended to 31 Dec 2025
- Enquiries : Mr. Jack Lui via Email: jackoshsg2025@gmail.com
- Remarks : Successful applicants will be notified via email or the “notice of successful applicants” in the web page of HKPA Ltd. by 3 Jan 2026.
Membership status is based on the HKPA membership list as at the date of application deadline.

Course Introduction

The courses are designed to provide appropriate and effective physical intervention techniques for frontline staff when faced with imminent threats or violence in the workplace. Participants will be equipped with practical skills to promote legally defensible approaches and develop basic competencies in responding to assaultive behaviors using breakaway and restraint techniques.

Level 1: Certificate Course of Breakaway Techniques(脫身法技巧課程)

Course Content

1. 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

2. 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

3. The Breakaway Techniques

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

Level 2: Certificate Course of Restraint Techniques(約束法技巧課程)

Course Content

1. What is Physical Restraint?

- The definition
- Restrictive and Non-Restrictive Intervention

2. Positional Asphyxia and Dangerous Techniques Not to Use

- Key precautions to avoid positional asphyxia
- Risks associated with prone, supine, basketball hold, and double basketball hold controls
- Case Studies

3. Challenges and Control of Violent Behavior and Case Intervention Strategies

- Working as a Team – Contact & Cover
- Least Restrictive / Non-harmful Methods of Control
- Restrictive Holds and Locks
- Controlled Take-up & Take-down
- Distraction Techniques
- Disengaging from Restrictive Hold and Locks

Speaker/ Instructor

Mr. Simon Tse attained a BSc (Hons) in Physiotherapy from PolyU. He later went on to complete an MSc in Sports Medicine and Health Science from CUHK. He has years of experience treating patients with complex medical needs in acute and outpatient settings at Queen Elizabeth Hospital. He has provided community services in both center- and home-care settings for persons with disabilities at The Christian Family Service Centre (CFSC) since 2018. Apart from his 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 the World Orienteering Championships 2018, the World Para Bowling Tour 2018 (Sarawak, Malaysia), and the ITTF Asian Para Championships 2019. He also became a World Boccia National Classifier in 2025, contributing to the development of local classification for disabled athletes. For Physical Restraint & Breakaway training, he became a licensed NFPS Physical Restraint & Breakaway Instructor in 2019. Since then, he has taught more than 200 colleagues physical restraint and breakaway techniques at both CFSC and HKPA over the 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 canceled.

For classes and examinations that have already started

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

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.