

What is Restraint Reduction Network Certificated Training?

Do your staff receive training in the use of restrictive interventions? For example, how to physically restrain a person/people? How to physically guide them from 'A' to 'B', or to use safe or clinical holds to facilitate medical procedures?*

If the answer is YES, and you are an NHS or private care provider, and/or are inspected by the CQC then you must provide your staff with Restraint Reduction Network certificated training.

The **Restraint Reduction Network Training Standards** were developed following wide consultation between the Department of Health and Social Care, the National Health Service, the National Health Service England and Health Education England as well as individuals with lived experience, human rights charities, training providers and many others.

The **Standards** were developed following a number of high profile deaths, court cases and acknowledged human rights violations. They were developed in the wake of a growing body of evidence that indicates that restrictive interventions [in all forms] cannot only cause trauma, injury and death, but can be reduced and possibly eliminated altogether.

The **Standards** cover the content of staff training, what staff need to know and be able to do and how to test their competence to carry out restraint safely. The majority of the standards focus on how staff can avoid getting to the point where restraint is needed.

The **Standards** are based on best practice and the best evidence available. The standards are copyrighted but free to use and can be downloaded at: <https://bit.ly/3jpJv0p>

The **Standards** have been adopted in England, and may soon be adopted across other parts of the UK as well as in some part of Europe.

To find out more about sourcing certificated training, or becoming a certified training service, visit the **BILD Association of Certified Training** website: <https://bit.ly/3h0LhDE>

** This also includes the use of timeout or seclusion, chemical restraint (using medication), as well as mechanical restraint (using equipment to restrain people).*

The placing of restrictions on people/persons in receipt of care is often unnecessary, potentially unlawful and often entirely preventable.

Key points

- Staff must be trained to avoid using restrictive interventions, and to actively question their necessity
- Restrictions, and physical restraint in particular, should only to be used as a last resort to prevent people from hurting themselves or others
- Restraints must be used for the least time and be the least restrictive because NO restraint is 100% safe
- Removing someone's liberty, even only temporarily, can be very frightening, so staff need high quality training to keep people safe from physical and psychological harm
- Restraint Reduction Network certificated training ensures staff get the right training for their job, and put safety and quality of life for all people/persons, including staff, first and foremost