

(Training coordinator please complete and give a copy of this document to all participants)



## HELP Workshop Information

Location: Baldwin County Board of Education

110 North ABC Street

Milledgeville, GA 31061

Date(s): November 29, 2011 Time: 9:00 am—4:00 pm

Company Contacts:

Training Coordinator: \_\_\_\_\_

CAPS Instructor Trainer:

Contact Information

615-299-5303

Instructor@capscanhelp.com

### Workshop Guidelines

Human Empowerment and Leadership Principles contains a series of verbal and physical techniques designed to decrease the probability of injury while providing care for aggressive or self-abusive individuals.

The following statements will provide guidelines for the safest training environment.

- Individuals learning this program should be able to lift a minimum of 40lbs safely.
- Individuals with less than 100% use of their natural limbs have an increased risk of injury while attempting physical techniques.
- Persons 50 lbs or more over their ideal body weight may experience difficulty with balance and control while attempting restraint techniques.
- Please wear comfortable clothing and shoes. Sneakers, loafers and other low profile shoes will provide optimal comfort and safety.
- There will be a skills and a knowledge assessment test. (*New instructors only*)
- Minimal jewelry and accessories will prove to be the safest and the most efficient during preparation for physical exercises.
- There will be several short breaks during the day and a one-hour lunch at 11:30am.
- The workshop starts at 9:00am everyday, please be prompt
- **Registration is mandatory for participation.**