**Physical Intervention Assessment Record – Proactive Working Practices**

**Participant Name: Date:**

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| **Assertive Command** – PWP 1 | **√** | **Comments** |
| Use assertive command ONLY when there is potential for a high risk situation. For example, if an individual is about to run into the middle of the road you would be within your rights to say “Fred stop!” |  |  |
| Never raise your voice at the individual at other times. |  |  |
| Always allow time to ensure you rebuild / maintain a supportive and therapeutic relationship with the individual. |  |  |
| Where appropriate, support the command with a visual aid that the individual understands. |  |  |
| Health & Safety. |  |  |
| **Pass / Refer** |  |  |
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| **Stance** – PWP 2 | **√** | **Comments** |
| Ensure feet are between ‘hip and shoulder’ width apart. |  |  |
| Hands by your side. |  |  |
| Keep knees slightly flexed (not locked). |  |  |
| Maintain an adequate base of support. |  |  |
| Broaden the base and lower the centre of gravity if more stability is required. |  |  |
| Keep centre of gravity centred over the base of support. |  |  |
| If you need mobility, raise the centre of gravity and turn feet in direction of movement to move away. |  |  |
| Health & Safety. |  |  |
| **Pass / Refer** |  |  |
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| **Protective Stance Stage One** – PWP 3 | **√** | **Comments** |
| From the Stance position, take one step back to create space between you and the individual. |  |  |
| Turn the front leg sideways to present the side of your body. |  |  |
| Keep back straight. |  |  |
| Broaden base of support and lower the centre of gravity. |  |  |
| Step and slide out if necessary, keeping your eye on the individual. |  |  |
| Health and Safety |  |  |
| **Pass / Refer** |  |  |

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| **Touch Support** – PWP 4 | **√** | **Comments** |
| Approach the individual from slightly behind (about a 45 degree angle). Keep within the peripheral vision of the individual. |  |  |
| Place nearest leg forwards Protective Stance position. |  |  |
| Maintain an appropriate distance between yourself and the individual to allow for some movement. (Keep a stable base of support - both feet flat on the floor!). |  |  |
| Take your outside arm across your body. |  |  |
| Grasp the middle of the individual’s forearm palms down thumb underneath. |  |  |
| Place inside hand, ensure open palm, fingers and thumb together to support individual on the back of the nearest shoulder blade. |  |  |
| Walk with individual if required. |  |  |
| Ensure good body alignment. |  |  |
| To change direction across your path move inside hand to back of opposite shoulder to guide individual. Return to nearest shoulder once you have changed direction. Alternatively if you need to guide the individual in the other direction stay on the nearest shoulder and quicken your pace. |  |  |
| To gradient out move hand from nearest shoulder first, step away releasing forearm last. |  |  |
| Health & Safety. |  |  |
| **Pass / Refer** |  |  |

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| **Front Deflection** – PWP 5 | **√** | **Comments** |
| As the individual enters your personal space step out to the side. |  |  |
| When the individual is approximately level with your shoulder raise your arms to shoulder height, keeping your palms open. |  |  |
| As the individual moves past you turn/pivot in the direction of their movement, keeping your hands at shoulder height but not in contact. |  |  |
| Once they have moved past you must bring your hands down to the sides. |  |  |
| Continue moving your body so you end up in a stable Stance facing the individual. |  |  |
| Health & Safety |  |  |
| **Pass / Refer** |  |  |

**PROACT-SCIPr-UK® Instructor Signature:**  ……………………………………………