

Frequently Asked Questions About Safety-Care™

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General

What is Safety-Care?

Safety-Care Behavioral Safety Training is a competency-based crisis prevention training program for professional staff who work with individuals who have the potential for aggressive behavior. It was developed and is provided by QBS, Inc.

How is Safety-Care different from similar courses?

There are several ways that Safety-Care differs from other behavioral safety courses. These include:

- Safety-Care procedures are based on procedures drawn from research on applied behavior analysis (ABA). It is entirely based upon a positive reinforcement paradigm—in every technique.
- We teach important concepts of behavior support directly within the course, including reinforcement, functional assessment, and differential reinforcement.
- Safety-Care is designed to be effective both with individuals who have the communication skills to engage in complex verbal interactions and with those who do not.
- De-escalation procedures are based not on a vague “processing” approach but on identification, prompting, and reinforcement of specific alternative behaviors. This procedure is easier for staff to learn and is much less likely to reinforce crisis behaviors.
- Physical procedures are designed to be both effective and particularly gentle. Each procedure avoids any stress/hyperextension of joints, pain, or skin damage.
- Safety-Care is focused on practical methods for preventing, minimizing, and managing behavioral crises. Lectures are designed to support the acquisition, practice, and demonstration of competency with a series of specific functional skills.
- When Safety-Care is provided to an organization, the curriculum can be customized to meet the needs of that organization and the individuals served.
- Safety-Care is taught using behavioral instruction methods such as errorless learning, task analysis, and role-playing to ensure competency on each critical skill.

What’s in the Safety-Care core curriculum?

The Safety-Care core curriculum is presented in a least to most restrictive format designed to provide staff with skills for prevention, minimization, and management of dangerous or challenging behaviors. Each chapter provides practical, functional skills for use in just about any setting.

Can Safety-Care be customized to meet our specific training needs?

Yes. There are a number of Advanced Modules that can be added to the Safety-Care core curriculum to make it specifically suited to the needs of your staff and the individuals they serve. If desired, we can further customize the course to fit your specific needs.

What physical procedures are included in the Safety-Care curriculum?

Safety-Care provides physical safety and physical management procedures that are designed to be simple and safe. The physical safety skills include safe approach strategies, basic physical safety skills

for safely avoiding contact, physical redirection skills, and releases from a variety of grabs (wrist grabs, clothing grabs, chokes, hair pulls, and bites). Physical management procedures include a 1-person and 2-person standing hold (including management options if the individual drops to the floor), two 2-person escorts, and a chair hold.

Additional physical safety and physical management procedures (including floor holds) can be added to the course via various Advanced Modules.

Populations and Settings

What settings is Safety-Care appropriate for?

Safety-Care is appropriate for use in residential programs, schools, hospitals, day programs, group homes, foster care, clinics, mental health centers, rehabilitation programs, and other settings where there is the potential for dangerous behavior.

What age range is Safety-Care appropriate for?

Safety-Care has been designed to be safe and effective with a wide range of ages, including children (three and older), adolescents, and adults. There are some special sections that are taught for staff who will be working with children or smaller adults.

QBS provides a separate course—Geri-Care™—specifically for staff who work with geriatric populations.

Is Safety-Care appropriate for high-functioning individuals?

Certainly. Safety-Care is designed to be complimentary to a wide range of treatment modalities and specialties, including Applied Behavior Analysis, cognitive-behavior therapy, social work, psychiatric rehabilitation, special education, medical model, person-centered planning, collaborative problem solving, and others.

Is Safety-Care appropriate for individuals affected by cognitive and communication impairments?

Unlike many similar courses, the procedures in Safety-Care are highly appropriate for individuals affected by cognitive and communication impairments—including mental retardation, brain injury, learning disabilities, psychiatric illness, autism spectrum disorders, dementia, and stroke. Safety-Care does not ask direct care staff to engage in complex therapy, counseling, or processing. Instead, the course is based on a positive reinforcement model. Because of that, all of the skills in the course can be used effectively with individuals at all cognitive levels.

If training is on-site, an organization can choose to include an advanced module that provides additional training the use of Safety-Care with individuals affected by communication deficits.

What populations is Safety-Care not appropriate for?

Safety-Care is not designed for the individuals typically encountered by police, prison staff, or general security staff. For geriatric populations, QBS has a separate course called Geri-Care™.

Training Details

How long is the training?

The core Safety-Care course is two days in length (12–16 hours of training time). Standard trainer training is three days. Courses that are customized for organizations may be longer by a half day, full day, or more, depending on which additional training options are selected.

Can staff in our organization be trained as trainers?

There is a train the trainer version of the course that includes the full curriculum, plus extensive material on instruction methods, practice in training, and additional written testing to ensure competency. The train the trainer version of course takes three days; extra time is required if advanced modules are added to the curriculum.

How many staff can be trained at a time?

Because of the intensive, competency-based nature of the course, no more than 10 staff should be taught by a single trainer per class. Two trainers can train up to 16 trainees. No larger class sizes are recommended.

Who can certified trainers train?

A certified Safety-Care trainer can train staff who work for his or her organization. Trainers may not train others (staff who work for other organizations, family members of persons served, independent consultants, etc.) without prior written approval from QBS. If you have any questions about who may or may not be trained, please contact us.

Do certified staff receive documentation?

Trainees receive a training manual and those who pass the course (Safety-Care Specialists) receive a Safety-Care training certificate. Certified trainers also receive a certification card, a Trainer's pin, and a computer CD with electronic copies of training documents. A Certificate of Recognition is also available to organizations in which Safety-Care has been trained.

Do we pay separately for instructional materials?

No. The Trainer course includes a copy of the Trainer's Manual and a CD with electronic copies of all necessary documents. Trainers may make unlimited copies of training documents (including the Trainee Manual) for internal use. There is a modest fee for replacement of a Trainer manual or for other items, such as Trainee pins and posters, that are enhancements but not requirements to use or teach the course.

Is there a fee for certification?

When training is provided by trainers who work directly for your organization, then there is an administrative fee to cover certification of trainees. That fee is \$4 per person for each initial training and annual recertification.

When training is provided directly by QBS, there is no additional certification fee.

How often is re-certification required, and how long does it take?

Certification lasts for one year for both Trainer and Specialist levels of certification. Specialist re-certification takes one day. Trainer re-certification is one day if conducted at the customer's site or 1 ½ days during an open session at our training center.

What are the physical requirements to participate in the course?

Anyone can participate in the non-physical portion of the course. The physical skills require a normal degree of flexibility; the ability to stand, walk, run, and shuffle for at least several minutes; to kneel on one and two knees; to bend the trunk at 45° and twist to either side; to grasp firmly; to raise the hands above the head; and to learn and correctly demonstrate multi-step physical skills. With the approval of the Trainer, a trainee who is able to complete the most but not all of the course due to physical or medical limitations can still pass the course.

How should our organization select people to be Safety-Care trainers?

If your staff will be trained as Safety-Care trainers, we recommend that you put careful thought into deciding who will participate. Safety-Care trainers are likely to play an important role in coaching other staff on critical skills related to safety and treating all individuals served with respect and dignity. Trainers should be well-experienced, effective communicators, respected by other staff, who are confident in speaking before small groups.

No particular credentials or level of education is necessary. While trainers do not need to be athletic, they should be able to learn and demonstrate physical procedures in the course—they should have normal range of motion and be comfortable with physical skills.

Other

Are there research studies that support Safety-Care?

The procedures used are based on a large number of scientific studies in the field of Applied Behavior Analysis published in peer-reviewed journals indicating the effectiveness of the selected procedures for treating problematic and dangerous behavior.

What support will my organization receive from QBS after Safety-Care training?

Following a training, QBS provides unlimited free phone and email support from Safety-Care Master Trainers.

How can I find out more?

Thanks for your interest in Safety-Care. Here are some ways to get more information:

- Point your web browser to: www.safetycaretraining.com.
- Call QBS at (866) 429-9211.
- Send an email to: info@qbscompanies.com.
- Send a postal mail inquiry to QBS, P.O. Box 6221, Holliston, MA 01746.