



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Physical Defensive Restraining Techniques

Law, Military Science and Security / Safety in Society

Unit Standard 120486 · NQF Level 5 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with the knowledge and practical skills to demonstrate physical defensive restraining techniques in a workplace or security context. It focuses on safe, ethical, and legally defensible methods to control and restrain individuals while minimising harm to all parties involved. Learners will gain competency in assessing situations, applying appropriate restraint holds, and documenting incidents in line with organisational policies and South African legal requirements.

Category	Law, Military Science and Security
Subfield	Safety in Society
Unit Standard	120486
Accreditation	SAQA Accredited · NQF Level 5 · 6 Credits
Duration	3 days
Training Method	On-Campus
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate understanding of legal and ethical considerations related to physical restraint.
- Apply appropriate defensive restraining techniques in simulated scenarios.
- Analyse risk factors and assess situations to determine the necessity and level of restraint.
- Implement safe and effective restraint holds while minimising injury risk.
- Evaluate post-incident procedures, including documentation and debriefing.

WHO SHOULD ATTEND

- This course is designed for security personnel, law enforcement officers, healthcare workers, educators, and any professionals who may be required to physically restrain individuals as part of their duties.

COURSE OUTLINE

Day 1: Foundations of Defensive Restraining

- Legal context: Use of force continuum, Section 49 of the Criminal Procedure Act.
- Ethical considerations: Duty of care, proportionality, and human rights.
- Risk assessment: Threat levels, situational awareness, and de-escalation.
- Physiological responses: Adrenaline, tunnel vision, and stress inoculation.
- Basic stances and footwork: Balanced, mobile, and non-threatening postures.
- Communication: Verbal commands, tone, and body language.
- Introduction to restraint positions: Standing, kneeling, and prone.

Day 2: Application of Restraining Techniques

- Escort holds and wrist locks: Pain compliance vs. control.
- Takedown techniques: Forward, backward, and lateral controlled falls.
- Ground control: Side control, knee-on-belly, and transitioning to prone.
- Team restraint: Roles, communication, and coordinated movement.
- Handcuffing: Proper application, double-locking, and safety checks.
- Mechanical restraints: Leg restraints, transport belts, and spit hoods.
- Incident reporting: Accurate documentation, use of force reports, and evidence preservation.

Day 3: Integration and Scenario-Based Training

- Scenario-based training: Building searches, vehicle stops, and crowd control.
- Dealing with weapons: Knife, firearm, and improvised weapons.
- Medical considerations: Restraint asphyxia, positional asphyxia, and recovery position.
- Special populations: Mental health crisis, elderly, pregnant, and minors.
- Debriefing: Team review, critical incident stress management.
- Final competency assessment: Individual and team scenarios.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **6 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 18,800.00	R 18,800.00
1	In-House	R 24,500.00	R 24,500.00
1	On-Campus (Pretoria)	R 28,100.00	R 28,100.00

UPCOMING SESSIONS

Start	End	Method	Venue
09 Sep 2026	11 Sep 2026	Online	—
14 Sep 2026	16 Sep 2026	In-House	—
22 Sep 2026	24 Sep 2026	On-Campus	Durban, South Africa
30 Sep 2026	02 Oct 2026	Online	—
05 Oct 2026	07 Oct 2026	In-House	—
13 Oct 2026	15 Oct 2026	On-Campus	Durban, South Africa
21 Oct 2026	23 Oct 2026	Online	—
26 Oct 2026	28 Oct 2026	In-House	—

Contact us if no suitable date is listed — on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 120486) and click **Get A Quote / Apply**. Select your training method and number of delegates — your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za — our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically — the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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