



Personal Protection Courses

In today's economic situation, law enforcement agencies nationwide are seeing a surge in random acts of theft and assaults. Many of these agencies are also having to reduce their law enforcement presence in their communities, resulting in increased response times. It is important, now more than ever, that we equip ourselves with the tools and techniques to keep ourselves safe. ES Safety & Security is proud to offer a unique curriculum of personal protection courses that will provide individuals with the knowledge needed to remain calm, confident, and safe in any situation.

Sexual Harassment & Rape Prevention (SHARP)

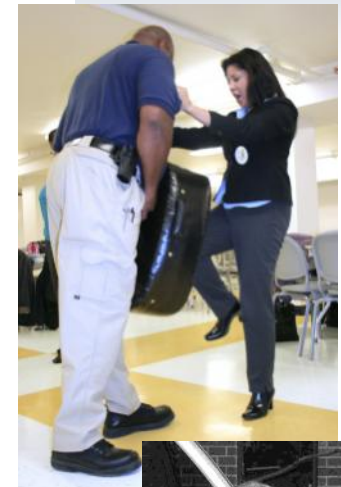
This course has been specifically designed to meet the needs of women when control methods and assault prevention methods are required. Principals and strategies for effectively reducing the likelihood of assault through actual techniques of countering an attack are stressed in this program. Utilizing efficient and effective methods of subject control that do not rely on size and strength, the SHARP course can be used by just about everyone who is interested in personal safety.

- Effects of Survival Stress on Performance
- Prevention Psychology
- Principals of Avoidance
- Passive Releases and Escapes
- Defensive Counterstrikes
- Disarming

OC/Pepper spray Training for Civilians (OCAT)

The OCAT Program is designed to provide adequate training and knowledge to those who wish to carry OC/Pepper Spray for their personal defense. This course will cover the legal and moral aspects, user awareness and responsibilities that you must know when carrying and dispensing OC; as well as established techniques.

- Understanding when and when not to dispense OC
- Spraying Techniques
- Disengagement
- Multiple Opponent Defense
- Defense Against Moving Attacks
- Liability Issues to Consider
- Documentation Preparation
- Tactical Positions
- Post-Exposure First Aid/Detox
- Proper Carrying, Storage, & Care



Please visit www.ESSafetySecurity.com/Training-Services.html to view our full selection of course offerings and to register.

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