

# PMVA (PREVENTION AND MANAGEMENT OF VIOLENCE AND AGGRESSION) TRAINING

Quick Reference Infographic



## KEY STATISTICS



**70%**

Of NHS staff have experienced violence or aggression at work



**£69 million**

Annual cost of violence against NHS staff



**1 in 4**

NHS staff experience physical violence from patients or relatives



**60%**

Reduction in incidents with PMVA training and de-escalation

## STEP-BY-STEP GUIDE

1

### Recognise

Early warning signs: raised voice, pacing, clenched fists, threatening language



2

### De-escalate

Calm posture, use person's name, speak slowly, offer choices



3

### Space

Maintain safe distance — at least 1.5 metres — and keep exit accessible



4

### Breakaway

If grabbed, use approved technique to safely disengage

