

Physical Intervention Policy 2026 - Quick Reference Guide for Staff

Key Principle:

Physical intervention is a **last resort** and should only be used when necessary to keep people safe.

Before Physical Intervention:

Always try to:

- ✓ Use de-escalation strategies
 - ✓ Remain calm and communicate clearly
 - ✓ Reduce triggers or remove hazards
 - ✓ Give the pupil time and space to regain control
 - ✓ Follow individual behaviour support plans and risk assessments
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Physical Intervention May Be Used To:

- Prevent injury to a pupil or another person
 - Prevent serious damage to property
 - Prevent a criminal offence
 - Prevent serious disorder or disruption
 - Maintain immediate safety where no safer alternative exists
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If Physical Intervention Is Necessary:

Ensure it is:

Necessary – there is a clear safety risk

Proportionate – appropriate to the level of risk

Reasonable – only the force needed is used

Least Restrictive – for the shortest time possible

Respectful – maintaining the pupil's dignity and wellbeing

Physical Intervention Must Never Be Used:

- ✗ As a punishment
 - ✗ To enforce compliance when there is no immediate risk
 - ✗ As a response to minor non-compliance
 - ✗ In a way that deliberately causes pain, distress or humiliation
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Supporting Pupils with SEND:

Staff should:

- Be aware of known triggers and warning signs
 - Follow agreed support and risk management plans
 - Make reasonable adjustments where required
 - Use communication and de-escalation strategies appropriate to the pupil's needs
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Seclusion:

Seclusion should only be used:

- In exceptional circumstances
- To prevent significant harm
- Under appropriate supervision
- For the minimum time necessary

Seclusion must never be used as a punishment.

After Any Incident:

Check

- Welfare of the pupil and staff involved
- Whether medical attention is needed

Reflect

- Debrief with those involved where appropriate
- Consider what can be learned to reduce future incidents

Record

- Complete all required documentation as soon as possible
- Notify the Headteacher or designated member of staff

Inform

- Parents/carers should normally be informed of significant incidents involving restraint or seclusion
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Every Staff Member Must:

- ✓ Follow the Physical Intervention and Behaviour Policies
 - ✓ Use preventative and de-escalation approaches wherever possible
 - ✓ Use force only when legally justified and necessary
 - ✓ Record incidents accurately and promptly
 - ✓ Seek advice, support or training when required
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Remember

The safest intervention is the one that can be avoided.

When physical intervention is necessary, it must always be lawful, reasonable, proportionate, and focused on keeping everyone safe.