NHS
West London
NHS Trust

Biomechanical Movement Self-Assessment

Breakaway & Teamwork OH (Occupational Health) Requirement

Important Information for Candidates Applying to Roles Requiring Breakaway & Teamwork Training

As part of your role, you will be required to undertake Breakaway & Teamwork physical interventions training, which includes a range of biomechanical movements essential for the safe management of patients in high, medium and low secure environments. Successful completion of this training is a mandatory requirement of the role.

This constitutes an Occupational Requirement for the post.

As part of the recruitment process, you will be asked to demonstrate your ability to safely complete the required biomechanical movements. Failure to demonstrate the required movements at this stage will unfortunately mean you are unable to progress your application further.

Candidates are advised to consider this requirement carefully before proceeding with their application. Should you have any concerns regarding your ability to meet these physical requirements — including any musculoskeletal, joint or health-related conditions that may limit movement — you should declare this at the earliest opportunity, so that appropriate advice and assessment can be provided.

Occupational Requirement: Biomechanical Assessment Criterion for roles which require Breakaway & Teamwork training

Several services within West London NHS Trust care for patients who have been admitted due to presenting a risk of harm to themselves or others. As such, these individuals require treatment within a secure environment to ensure their safety and the safety of those around them.

Employees should be aware that working under such conditions may mean that from time to time, they will be exposed to aggressive or violent behaviour.

As a consequence, Health and Safety Legislation determines the need to provide appropriate training. This is a mandatory training requirement and must be regularly undertaken by all employees who are involved in direct patient contact.

The post for which you have applied will require you, if successful to undertake Breakaway/Teamwork and subsequent annual refresher training.

Peak physical fitness is not required; however, you must be able to safely demonstrate the biomechanical movements outlined within this assessment criterion, as these are essential occupational requirements of the role.

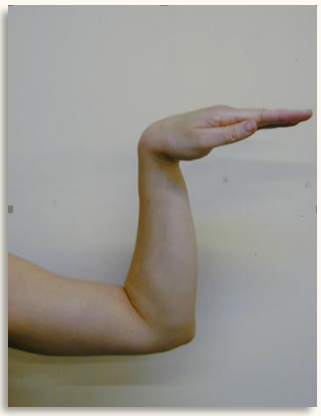
If you are unable to achieve these, you should not continue with your application for this post.

If there are any other biomechanical or health issues which may affect your ability to take part in physical tuition (e.g. any health issues related to the spine etc) please ensure that we are informed of these.

If you require any further information, please contact a member of the recruitment team.

Self- Assessment

Figure 1



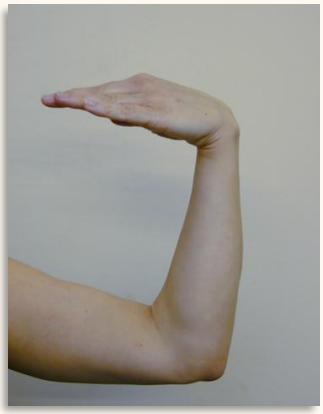
WRIST FLEXION

Can you flex your elbow & wrist with your fingers facing away from the body? As depicted in **Figure 1**

YES ☐ NO ☐

This exercise has to be completed with left & right arms

Figure 1a

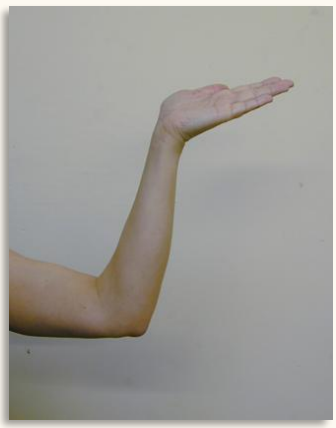


Can you flex your elbow & wrist with your fingers facing towards your body as depicted in **Figure 1a**

YES ☐ NO ☐

This exercise has to be completed with left & right arms

Figure 2



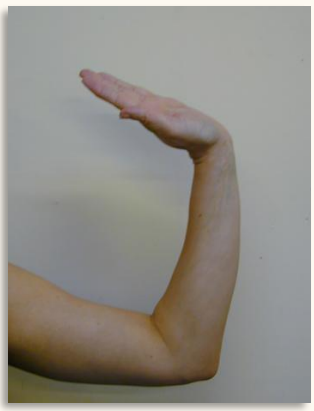
WRIST EXTENSION

Can you flex your elbow and extend your wrist (palm facing upward), with your fingers pointing away from your body, as shown in **Figure 2**

YES ☐ NO ☐

This exercise has to be completed with left & right arms

Figure 2a



Can you flex your elbow and extend your wrist (palm facing upward), with your fingers pointing towards your body, as shown in **Figure 2a**?

YES ☐ NO ☐

This exercise has to be completed with left & right arms.

Figure 3

ARM ROTATION

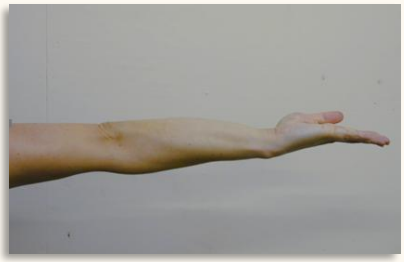
Can you extend your arms out to the sides with your palms facing upwards, as shown in **Figure 3**?

YES ☐ NO ☐

NOTE POINT OF ELBOW DOWNWARDS

This exercise has to be completed with both arms.

Figure 3a



Can you fully rotate your arms (internally) so that your palms now face upwards with the point of the elbow facing upwards?

as depicted in Figure **3a**?

YES ☐ NO ☐

This exercise has to be completed with left & right arms

Figure 4

SHOULDER ROTATION

Can you rotate your arm in a forward motion (360 degrees) whilst keeping the arm straight?

As depicted in **Figure 4**

YES ☐ NO ☐

This exercise has to be completed with left & right arms

Figure 4a

Can you rotate your arm in a backward (360-degree) motion while keeping the arm straight, as shown in **Figure 4a**?

YES ☐ NO ☐

This exercise has to be completed with left & right arms

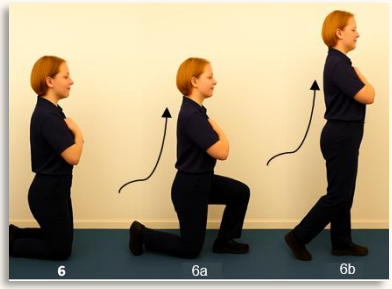
Figure 5

STANDING FROM THE KNEELING POSITION

Can you cross your arms in front of your chest, as shown in **Figure 5**?

YES ☐ NO ☐

Figure 6-6b



Can you adopt the kneeling position as shown in **Figure 6** progressing to **6a** and returning to the standing position as shown in **6b**, while keeping your arms crossed in front of your chest throughout the movement?

YES ☐ NO ☐