Safety-Care®
by QBS

12 Reasons to Switch to Safety-Care®



A short guide for organizations considering Safety Care®

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Adopting a new training program can feel like a major undertaking.

Even when the benefits are clear, such as better outcomes, increased staff confidence, and stronger alignment with evidence-based practices, change often brings a sense of uncertainty.



Picking a training program can feel overwhelming

At QBS, we understand the challenges that come with making that decision. Our team designed this guide to help you make a confident and informed transition to Safety-Care®, a trusted behavior crisis prevention training program used by more than 300,000 professionals nationwide.

All Improvement Begins with Change

No organization can remain static while the world around it evolves. Expectations from staff, individuals receiving care, and their families continue to shift, bringing new demands and opportunities for growth. Recognizing the need for ongoing development is easy; finding the time and capacity to act on it can be more difficult. The daily responsibilities of providing care and managing specialized teams often take priority.

As a result, the process of evaluating, selecting, and implementing a new training program often gets postponed. In many organizations, resistance to change plays a real role. Familiar systems feel safer, and shifting to something new can raise questions about disruption, cost, and time investment. Even when teams see the potential benefits, the perceived effort required to adopt a new approach can outweigh the motivation to act.

How This Guide Will Help You

This PDF guide will cover what Safety-Care is and how it can help your organization meet its crisis prevention goals. You may use it when comparing programs, making a case for Safety-Care or even to plan for a future program switch.

The Impact of Getting It Right

You may already be familiar with the cost of picking the wrong program for your organization. You know that a poorly selected program will not deliver the results you need and could even undo some of your other work.

But what happens when you select the right program for your organization?

Easy Implementation

The right program requires less adaptation and fits naturally into daily routines because staff can see how it makes their job easier, happier and safer.

Natural Integration

It will fit with the way you already do things and not demand that you transform your entire process to reap the benefits.

Staff Buy-In

The right program will be accepted, even desired by your staff. This is particularly true for experienced staff that has seen how cumbersome, frustrating and ineffective the wrong program can be.

It's worth making the right call.

About QBS

Since 2002, QBS has provided professionals with practical, proven, prevention-first behavioral crisis training through its Safety-Care curriculum. Safety-Care was developed by Board Certified Behavior Analysts (BCBAs) to help teams reduce crises, decrease restrictive practices such as restraint and seclusion, and improve safety for all using a compassionate, respectful approach to care.



Redefining Behavior Intervention

If you are already using another behavioral safety course, institutional inertia can stand in the way of deciding to make the switch. Here are some reasons why you won't regret the decision to adopt Safety-Care® Behavioral Training.

- **Evidence-Based Procedures**
- **Regularly Updated Curriculum**
- **Efficient Errorless Teaching Methodology**
- **Cost-Effective and Sustainable**
- **Customizable to Meet Your Needs**
- **Strong Preventative Focus**
- **Focuses on Positive Reinforcement**
- **Practical Approach to Behavioral Safety**
- **Realistic Methods for Avoiding Weapon Incidents**
- **Small, Intimate Class Sizes**
- **Minimizing Risk with Physical Safety**
- **Unlimited Support & Resources Available**

Evidence-Based Procedures

The procedures embedded in Safety-Care are based on decades of applied scientific research on effective behavioral interventions with a wide range of populations in a variety of settings.

The strategies in the Safety-Care curriculum are based on applied behavior analysis (ABA) methodologies, Positive Behavioral Interventions & Supports (PBIS), and follow a trauma-informed approach to care. Training is delivered by behavior analysts with decades of practical clinical experience across a variety of settings.

Regularly Updated Curriculum

The Safety-Care curriculum reflects the latest research, current regulatory practices, and extensive practical experience in modern educational, healthcare, and human services settings. The course material is updated regularly in response to advances in the field about behavioral safety interventions. Other courses have not been significantly changed in many years and reflect an outdated understanding of behavioral safety.

Efficient Errorless Teaching Methodology

The instructional methods used to teach the course to staff also reflect current research on how people, particularly adults, learn effectively. By using procedures such as errorless teaching, interspersed trials, and multimodal instruction, trainees learn most efficiently and with the best opportunity to retain what they've learned once the course is complete.

Cost-Effective and Sustainable

Safety-Care helps organizations improve staff confidence, reduce workplace stress, and create safer, more supportive environments that strengthen retention and morale. The base cost is comparable to, or lower than, most other programs, and there are no required add-on materials or associated fees. Trainers receive digital copies of all course materials, which can be freely duplicated for internal use.



Customizable to Meet Your Needs

No generic course is the perfect fit for all settings. That's why Safety-Care is highly customizable to an organization's unique needs. Safety-Care provides additional training modules to help give your staff the tools and resources needed to work safely and effectively in your setting and with your specific population.

Additionally, we provide avenues for training family members and caregivers who would benefit from carrying over these safety strategies in the home and community.

Strong Preventative Focus

Safety-Care provides a prevention-first model for crisis intervention and is designed to help organizations reduce restrictive practices such as restraint and seclusion. Trainees learn practical methods for preventing and de-escalating challenging behaviors early so that the individuals you serve can spend less time in crisis and more time engaged in functional learning.

Focuses on Positive Reinforcement

Many similar courses assume that all preventative, de-escalation, and debriefing interventions will be done with highly verbal individuals.

Two problems that can arise with this assumption:

First, many organizations work with people who have significant expressive and receptive communication impairments for whom such interventions are simply not appropriate.
Second, even individuals with no identified communicative limitations often experience a significant breakdown in verbal skills when they are upset, angry, or frustrated.

By comparison, Safety-Care is based on positive reinforcement procedures that are readily adapted to the communication abilities of any individual, in any situation.

Practical Approach to Behavioral Safety

Some other courses teach “de-escalation” interventions that are likely to reinforce crisis behaviors. Others teach impractical procedures such as expressing anger toward an agitated individual.

While those approaches may work in the short run or when employed by highly trained and experienced professionals, they are not practical approaches to behavioral safety. Overall, they may result in more crises, not less.



Realistic Methods for Avoiding Weapon Incidents

Any environment contains many potential weapons, and there is always the possibility that a person could access a harmful object before you can remove it. Without trying to teach dangerous and impractical “disarm” techniques, Safety-Care provides practical methods for avoiding weapon incidents and for safe management of situations in which a person does have an object they are using in a manner that may cause harm to themselves or others.

Small, Intimate Class Sizes

Safety-Care upholds rigorous standards to ensure the highest quality of training. Our class sizes are limited so that each trainee receives intensive individual instruction in all parts of the curriculum.

Minimizing Risk with Physical Safety

Some courses teach physical procedures that employ joint pressure, wide swinging movements by staff, movement of the individual's limbs out of their normal range of motion, or other methods that present significant risks to the individual. Safety-Care avoids such problematic interventions.

Unlimited Support & Resources Available

We've helped many organizations manage the transition to Safety-Care. We provide unlimited email and telephone support to assist with planning and implementing a transition.

Of course, once Safety-Care is in place, we continue to provide support, answer questions, and assist with making decisions about the application of Safety-Care interventions.

Get to know the Safety-Care programs from QBS

Since 2002, QBS has provided professionals with practical, proven, prevention-first behavioral crisis training through its Safety-Care curriculum.

The 4 Unique ways Safety-Care is different from the alternatives:

- Practical, real-world skills grounded in behavioral science
- High quality trainings led by expert clinicians
- Proven to reduce restrictive practices such as restraint & seclusion.
- Prevention focus to build a culture of safety that lasts

"When every staff member is trained and invested, our approach becomes part of the culture—not just a program. We don't focus on blame; we ask what we can do differently."

Tracey Henry
Principal, Highland Pines School

"I feel one of the reasons that Safety-Care has been effective for us is because it was beyond buy-in."

Patrick Mulick
Director of Student Engagementl

Quantifying Safety-Care's Impact

70%
Reduction in hours spent in seclusion

3,400+
Active Customer Organizations

57%
Reduction in staff-related injuries

300,000+
Staff Certified Annually

58%
Reduction in hours spent in restraint

12,000+
Active Safety-Care® Trainers

The Proven Approach

See What's Happening

Look at what's happening: behavior patterns, incident trends, staff experience, and key stakeholders.

Set Your Goals

Decide what you're working toward and how you'll measure it.

Equip Your Team

Train the right people at the right level for your population. Grounded in behavioral science. Focused on prevention.

Change & Sustain

Put it into practice. Reinforce the skills and routines that sustain the program.

Show the Impact

Measure what changed and connect results back to the goals you set in Step 2.

Was this useful? We'd love to know

At QBS, we are committed to helping the people we serve. If this guide was useful in any way, we'd love to know.

Get in touch at: emayberry@qbs.com

Schedule a Consultation