

**CHAPTER 18**  
**OFFICER SAFETY TECHNIQUES**  
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## CHAPTER 18 OFFICER SAFETY TECHNIQUES

### 1. INTRODUCTION.

a. Officer Safety. An officer is faced with the responsibility of enforcing the law. This may involve making physical arrests under sometimes stressful conditions. To effectively perform this service and maintain officer safety, it is necessary to possess a high degree of self-confidence and ability. The techniques outlined in the following chapters can only be maintained through regular practice and will help build the self-confidence required to be effective. The personal weapons presented in this manual are provided as a means of self-protection when conventional weapons are not immediately available or when the need for self-defense develops too rapidly for the officer to resort to the baton or aerosol subject restraint.

b. Knowledge of Techniques and Principles. It is important that the officer become proficient with techniques in the use of personal weapons and physical methods of arrest, but it is vital that they have a complete understanding of how they work. Learning a technique without knowledge of the principles produces a mechanical response which is easily forgotten. This could also put the officer at a disadvantage if they forget to perform a step of a technique, or they are faced with an assault slightly different from the one the technique is designed to control.

c. Techniques. The techniques outlined in this manual were chosen because they are simple and effective. Concentrating on a select number of techniques, the officer can practice and develop a high degree of proficiency. It is better to know a few techniques well than to have been exposed to too many and not be able to use one correctly. An officer who has learned these techniques and practiced regularly will enhance their confidence and ability in affecting arrests. This will minimize injury to themselves and the subject.

2. POLICY. The officer safety procedures and techniques outlined in this manual shall be used in all arrest situations. Any deviation from the recommended methods will require justification by the officer based upon the reasonableness of their actions and the situation confronted.

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