Training self-check: the WA Restrictive Practices Standard (2026)

Sixteen points from the Chief Psychiatrist's Standard for Restrictive Practices (Restraint and Seclusion) for Hospital-based Mental Health Services that affect your training program. Tick what's in place, and use the right-hand column for the evidence, the owner and the next step.

EFFECTIVE	ISSUED UNDER	REPLACES	CLAUSE KEY
9 October 2026	s.547, MHA 2014 (WA)	2015 Seclusion and Bodily Restraint Reduction Standard	A = authorised services · N = non-authorised settings

What the program covers

	REQUIREMENT	CLAUSE	EVIDENCE · OWNER · NEXT STEP
☐	Prevention, early identification of distress and aggression management	A3.1 · N3.1	
☐	Communication skills and verbal de-escalation	A3.1 · N3.1	
☐	Scenario-based de-escalation practice, not restraint technique	A3.1 · N3.1	
☐	Lived experience perspectives built in	A3.1 · N3.1	
☐	Competency assessment	A3.1 · N3.1	
☐	Age-appropriate versions: child and adolescent, youth, adult, older adult	A3.1 · N3.1	
☐	Risks of prone restraint specifically addressed	A4.7 · N4.2	

Who completes it

☐	All new clinical and security staff complete the program	A3.1a · N3.1a	
☐	Yearly refresher for all staff	A3.1b · N3.1b	

Who completes it (continued)

	REQUIREMENT	CLAUSE	EVIDENCE · OWNER · NEXT STEP
☐	Contracted security trained to the same standard as internal security	A3.1c · N3.1c	
☐	Legal framework training for new staff, refreshed yearly Authorised services: MHA 2014 requirements, for clinical staff. Non-authorised settings: the legal framework for restraint, for clinical and security staff.	A2.2 · N2.3	

Governance and evidence

☐	Program content reviewed against the Standard By the mental health service (A3.1d), or the hospital executive in non-authorised settings (N3.1d).	A3.1d · N3.1d	
☐	A ward-based reduction program, such as Safewards	A1.4	
☐	An executive sponsor named for reduction initiatives	A1.5	
☐	Completion rates tracked for new staff and yearly refreshers Suggested secondary measures in the Standard.	Evaluation	
☐	Ready for the yearly report to the Office of the Chief Psychiatrist	A6.7	

____ of 16 in place

The unticked items are your gap list. Bring it to your executive sponsor, and keep the evidence for each ticked item ready for the yearly report.

Where to read more

The official Standard: **chiefpsychiatrist.wa.gov.au** → Laws and rights → Standards and guidelines → Standards.
The plain-English guide and the interactive version of this checklist: **xantha.com.au/wa-restrictive-practices-standard**

Want to talk it through? No pitch required. **info@xantha.com.au · 0455 047 667**