

# RESTRAINTS

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## POLICY

(Ref. 10 CCR 2505-10 8.608.3)

**Physical or mechanical restraint can only be used by Metro Support Services employees or contractors trained in its use, in an emergency situation, when alternatives have failed, and when necessary to protect the person from injury to self or others.**

When using an emergency restraint, the following are requirements must be followed:

1. The individual shall be released from physical or mechanical restraint as soon as the emergency condition no longer exists.
2. Physical or mechanical restraint cannot be a part of an ISSP and can only be used as an emergency or safety control procedure.
3. No physical or mechanical restraint of a person receiving services shall place excess pressure on the chest or back of that person or inhibit or impede the person's ability to breathe.
4. **The agency will not use physical restraint techniques that include placing the person in a prone position or restraining a person in a prone position as part of an emergency or safety control procedure.**
5. During physical restraint, the person's breathing and circulation shall be checked to ensure that these are not compromised.
6. **Physical restraint shall not exceed 15 minutes except when absolutely necessary for safety reasons. If physical restraint exceeds 15 minutes, an emergency 911 call should be made and MSS protocol for emergency notification of agency staff shall be employed.**
7. An individual placed in a mechanical restraint shall be monitored on an on-going basis by employees or contractors trained in the use of mechanical restraint to ensure that the individual's circulation is not restricted or airway obstructed. A record of such monitoring shall be maintained.
8. Mechanical restraints used for medical purposes following a medical procedure or injury shall be authorized by a physician's order, which shall be renewed every 24 hours.