

Unless there is a medically documented restriction regarding the use of restraints, restraints must be applied to individuals with consideration given to any illness or disability that adversely affects the person's stability, balance or coordination, or communication as in the same manner as any other incarcerated person. **Any restrained incarcerated individual must be under continuous observation until assessed by a health care practitioner.**

### **Pregnant Incarcerated Persons:**

- 1. Restraints must not be used on pregnant incarcerated persons, or individuals who have given birth within the preceding three days. Such incarcerated people must not be restrained unless an individualized determination has been made that restraints are reasonably necessary for the legitimate safety and security needs of the incarcerated person, correctional staff, other incarcerated individuals, or the public. When absolutely necessary, the least restrictive available restraints must be used; any waist chains or other devices that cross or otherwise touch the person's abdomen must not be used; and the person should be able to protect themselves and their fetus in the event of a forward fall.**
- 2. Restraints must NOT be used on pregnant offenders during the labor and delivery process or on individuals who have given birth within the prior three days. Restraints may be used only if absolutely needed during post-partum or transports of pregnant females, or those who have given birth within the prior three days, unless the necessity noted above is met (see 1., above; see also Policy 301.081, section A.18).**
- 3. If the incarcerated pregnant person (or person having given birth within the prior three days) is receiving health services or hospitalized, the treating medical care provider must be informed of their ability to remove the restraints when treating the incarcerated person.**

### **Standard Position for Four-Point or Five-Point Restraints:**

## Health Authority Restraint Guidelines

1. To prevent medical problems, an incarcerated person in four or five-point restraints should be placed on their back with arms secured at their sides.
2. Their hands must be positioned no higher than the waist.

### Special Consideration for Illness or Disability:

1. **Extreme visible anxiety or difficulty breathing**  
**Contact Nursing**
2. **Continuous use of oxygen**  
**Contact Nursing**
3. **Actively producing emesis/vomiting**  
**Contact Nursing**
4. **Wounds or injury to extremities**
  - (a) PPE appropriate for possible blood borne pathogen must be used.
  - (b) Restraints should not be used on the affected extremity.
5. **Back Braces or Back Injuries**
  - (a) Individuals must be laid with their backs on a board when transporting (only with direct one-on-one supervision).
  - (b) Mechanical or soft restraints may be used to secure limbs to the restraint device.
  - (c) Soft restraints may be used under the back to secure the individual to the board.
  - (d) Mechanical restraints must not be used between the individual's back and the board.

### Arm Sling/Cast and/or Free Sling:

- (a) Prior to treatment, individuals with an injured arm should have only the uninjured arm secured.
- (b) The injured arm should be secured as approved by medical personnel (on site or through the duty officer call roster).

## Health Authority Restraint Guidelines

### Wheelchairs and Walkers:

- (a) Quadriplegic individuals may be secured using mechanical or soft restraints.
- (b) Paraplegic individuals are restrained using a waist chain and handcuffs. Mechanical restraints may be used if no medical restrictions preclude their use. Medical staff, security staff, and the facility ADA liaison shall be included on the decision for restraint use.
- (c) Individuals requiring walkers, canes, or crutches may be transferred to a wheelchair and then appropriately restrained.

### Prostheses:

- (a) Leg prostheses are not normally removed and may only be removed by the individual or medical personnel.
- (b) Arm or hand prostheses may be removed by the individual or under the direct supervision of medical staff.
- (c) Full restraints (mechanical or soft) can be used if there is no medical restriction.

### IV. Therapy / Dialysis:

- (a) Individuals who require intravenous therapy or dialysis may be fully restrained as approved by a medical practitioner.
- (b) Mechanical restraints may be loosely applied to wrists, cuffed in front only, and must be more than one inch from the graft or swelling if present.
- (c) Mechanical restraints can be worn provided there is no swelling or sores around the ankle.