

Chapter No. 5109	Page 1
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

USE OF PHYSICAL RESTRAINTS

I. Introduction

It may be necessary to use restraints in certain situations to effect control of persons either for their own safety and/or safety of others. When it becomes necessary to restrain a youth to prevent the youth from harming himself or others, only the minimal amount of force necessary to control the youth is permitted. Hard restraints are used only when other less restrictive control methods would be ineffective in controlling the youth's behavior. Specific information regarding the use of restraints is as follows:

- A. Restraint devices include any device which immobilizes a youth's extremities and/or prevent the youth from being ambulatory.
- A. The Senior Juvenile Institutions Officer, Senior (Sr. JIO)/ Deputy Probation Officer, Senior (Sr. DPO) shall be advised immediately of any situation that has the potential for the use of restraints. The shift supervisor must approve the use of restraints, except in an emergency.
 - B. The Manager and/or Deputy Probation Officer, Supervising (SPO) are to be notified of any situation necessitating the use of restraints.
- C. The restraints are only to be used when:
 - 1. A youth represents an immediate danger to himself or others.
 - 2. A youth demonstrates behavior which results in the destruction of property.
 - 3. The youth demonstrates the intent to cause self-inflicted physical harm.
- D. Restraints shall not be used as a form of punishment or discipline or as a substitute for treatment.

Chapter No. 5109	Page 2
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- E. The following types of restraint equipment are available:
 - 1. Handcuffs
 - 2. Security waist chains or security belts (used in conjunction with handcuffs)
 - 3. Leg restraints (also known as leg irons, leg shackles)
 - 4. Soft Restraints (also known as flex cuffs)
 - 5. Four-point restraints are not employed nor is there a restraint room at the LPBC facility

II. General Procedures for Using Restraints in Institutions

- A. The purpose and design of restraints are to regain control and protect youth who have become assaultive or unmanageable.
- B. The application and use of restraints must be done in a safe and proper manner.
- C. When the decision is made to use restraint equipment, the youth needs to be physically restrained by staff as soon as possible.
 - 1. The quickest and most effective method of restraining a youth involves as many staff as possible (up to five) with no fewer than two staff to reduce the possibility of injury to the youth or staff, except in an emergency.
 - 2. **A choke hold restraint shall not be used under any circumstances.** A choke hold restraint is defined as: Any physical force applied to the neck or throat for the purpose of obstructing air or blood circulation.

Chapter No. 5109	Page 3
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- D. It may be necessary to use handcuffs to gain control of an overly aggressive youth who presents an imminent or immediate danger to himself, another youth, or staff.
1. Handcuffs are to be applied in back of the youth and left on only long enough to facilitate transportation of the youth.
 2. Staff should be able to fit one finger (1/2 inch) between the cuff and the youth's wrist.
 3. When using leg restraints, staff should be able to fit one finger (1/2 inch) between the restraint and the ankle as restraints placed on too tight could damage the Achilles tendon.
 4. A visual inspection is to be conducted and documented in the Workers Special Report (WSR) to ensure the well-being of the youth and that the restraints are properly employed. **The restraints must be double locked to prevent unintended tightening.**
 5. Plastic handcuffs (Flex-Cuffs) – are an alternative restraining device used to restrain arms or legs when handcuffs or leg irons are not available or appropriate. **NOTE: Plastic handcuffs will be removed by the use of department approved snips located in each dorm in the lockbox attached to the wall. Under no circumstances shall any type of knife be used to remove plastic handcuffs.**
- E. It may be necessary to use restraints to effect movement or transportation of a youth within the confines of LPBC.
1. Except in cases on an emergency, an assessment of the need to apply restraints must be completed which considers the following:
 - a. Less restrictive alternatives
 - b. Known medical or mental health conditions

Chapter No. 5109	Page 4
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- c. Trauma informed approaches
- 2. The same practices as those listed in section D above must be followed once restraints are applied.
- F. For use of restraints during out of camp transportations, refer to LPBC manual chapter 5107, Use of County Vehicles and Transportation Guidelines
- G. The youth, while in restraints, is to be attended and under direct supervision of staff at all times.
- H. Reasons for continued retention in restraints will be reviewed and documented by the Sr. JIO, Sr. DPO, SPO or Manager a minimum of every hour if removal, transportation and transfer from the LPBC program has not been facilitated.
- I. Staff will visually inspect the restraints and point of contact on the youth's body every 15 minutes and document these checks in the WSR.
- J. In the event of a natural disaster or major emergency, such as a fire, flood, or earthquake, staff will ensure that a restrained youth is taken to a location that is safe and secure.
- K. Youth placed in restraints must be kept separate and out of sight and sound of other youth.
- L. Any restrained youth must be provided with water when requested or when it appears needed; i.e., dry or parched lips.
- M. Upon request, all youth in restraints will be escorted to use toilet facilities. The youth may be unrestrained to use the toilet. Once unrestrained, if the youth is able to cooperate with staff and appears to have regained self-control, he should not be re-restrained so long as the behavior displayed is compliant.

Chapter No. 5109	Page 5
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- N. Restraints increase the risk to a youth's physical extremities, i.e., limbs. It is extremely rare that any youth would be restrained more than two hours, but should such a case occur, staff are to ensure that a medical assessment is done on the youth by a physician includes provisions to follow through with exercising the youth's limbs by either taking the youth onto the recreation yard or by securing the legs while allowing youth to exercise his arms and securing the arms while allowing youth to exercise his legs. Staff should check restraints regularly to avoid potential injury. Symptoms to watch for include swelling, discoloration of the skin, excessive tightness of restraints, etc.
- O. The hard restraints are to be removed as soon as possible and no longer than 30 minutes after transportation has been completed, and the youth no longer poses a threat to their own safety or the safety of others.
- P. Upon a youth's release from hard restraints, the youth is to be checked for any injuries and will be seen by LPBC medical as soon as possible.
- Q. Securing a youth to a fixed object is not permitted.
- R. Securing a youth in a "hog-tie" or similar manner is not permitted.

III. Use of Soft Restraints at LPBC

- A. The use of soft restraints must be approved by the shift supervisor; the Manager and/or SPO are to be notified as soon as possible.
 - 1. Only staff who have received approved departmental training for the application of restraints are authorized to apply handcuffs/Flex-Cuffs/waist chains/shackles.
- B. The purpose of using soft restraints is to regain control and protect youth that have become assaultive, unmanageable, and require removal from the LPBC program, in the absence of hard restraints.

Chapter No. 5109	Page 6
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

1. Soft restraints are to be removed as soon as possible and/or when the youth no longer poses a threat to their own safety, the safety of others or the youth has been placed in hard restraints. **NOTE: Plastic handcuffs will be removed by the use of department approved snips located in each dorm in the lockbox attached to the wall. Under no circumstances shall any type of knife be used to remove plastic handcuffs.**
2. The soft restraints are disposable and must be properly discarded after being used and removed.
3. All requirements noted in Section II above for hard restraints are also applied to soft restraints.

IV. Behavioral Wellness Assistance

- A. When restraints are used and the transfer and transportation of the youth to a secure facility cannot immediately be accommodated, Behavioral Wellness staff (during working hours) or S.A.F.T.Y. (after normal working hours) should be contacted as soon as possible to evaluate with the youth. In no case will a youth be placed in restraints for a period exceeding four hours without an assessment for mental health treatment occurring. In cases of extreme distress, arrangements will be made to expedite the transportation of the youth to Juvenile Hall, so adequate mental health services can be obtained in a secure setting.

See
Behavioral
Wellness
JJMHS
Manual
Chapter 1.1

V. Medical Assistance and Considerations

- A. A medical opinion on the placement and retention of restraints on a youth is secured as soon as possible, but no longer than two hours from the time of placement. Thereafter, medical clearance is secured every three hours for continued use of restraints. In cases of extreme distress, arrangements will be made to expedite the transportation of the youth to Juvenile Hall, so adequate medical services can be obtained in a secure setting.

**PROBATION DEPARTMENT
LOS PRIETOS MANUAL**

Chapter No. 5109	Page 7
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- B. In the need of cardiopulmonary resuscitation, mouthpieces for CPR (CPR masks) are stocked in each unit. There shall always be staff on shift trained in CPR procedures.
- C. Certain medical conditions may contraindicate the use of restraints. Those include:
 - 1. Physical disabilities
 - 2. Recent head, neck or limb injury
 - 3. Intellectual/developmental disability
 - 4. Diabetes
 - 5. Seizure disorder

VI. Documentation

- A. Worker's Special Report (WSR)
 - 1. A WSR shall be prepared and maintained on all incidents involving the use of the restraints.
 - a. Every staff involved in the use of restraints will prepare a WSR as soon as possible, prior to leaving the institution at the end of the shift, to document their involvement in the use of restraints.
 - b. All WSRs will be reviewed through the chain of command by the shift supervisor, the SPO and the Manager.
 - c. After review by the SPO/Manager, the WSRs will be forwarded to the Deputy Chief Probation Officer as soon as possible, if further review or investigation is required.

Chapter No. 5109	Page 8
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

2. The WSR shall include all of the following information:
 - a. Documentation of the youth's behavior justifying the use of the restraints.
 - 1) If the youth is not subsequently removed from the program, the WSR shall document the behavior leading to the use of restraints and factors leading to the decision not to remove the youth from the facility.
 - 2) The SPO shall review decisions made in which restraints were applied and the youth was not being removed from the facility.
 - a. Documentation of the youth's behavior while restrained.
 - b. Names of all staff present and assisting with restraining and/or monitoring the restrained youth.
 - c. Date, time and location of the use of restraints.
 - d. Date, time, name and title of all staff who were notified of the use of restraints. Document any orders received from supervisory or administrative staff notified.
 - e. Date and time when water, meals and use of toilet facility were offered to the youth and youth's reaction to the offers.

Empty box for Notes and References.

Chapter No. 5109	Page 9
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- f. Date and time of restraint review by supervisory staff and the name and title of the supervisor.
 - (1) The restraint review shall be conducted by the shift supervisor every fifteen minutes on a continuous basis and documented in the WSR as to why the continued use of restraints was necessary and/or required.
 - g. Documentation of any injuries to the youth, staff, other youths or any other person present and what medical attention (if any) was required.
 - h. Documentation of any medical or mental health assessments and orders that were received, the name and title of the person issuing the orders, the date and time that the orders were received and the staff member who received the orders.
 - i. The date and time that the youth was released from the restraint and the name and title of the supervisor authorizing the termination of the use. The shift supervisor or designee shall document on a WSR the **CONTINUED NEED FOR RETENTION** of restraints on an hourly basis.
- B. Employees observing the improper use of restraints shall immediately attempt to correct the situation and report the occurrence to the Probation Manager/SPO via an email.

Behavioral
Wellness
JJMHS
Manual
Chapter 1.1

Chapter No. 5109	Page 10
Issue Date: 02/01/97	
Revised: 09/27/21	

**Notes and
References**

Use of Restraints (continued)

- C. The facility Manager will conduct a review of incidents involving use of force to ensure compliance with Title 15 Standards and immediately report any contrary findings to the Deputy Chief and Professional Standards Unit (PSU). The facility Manager, SPO, Deputy Chief Probation Officer and staff from PSU will meet on a quarterly basis to review all incidents involving the use of force.

VII. Debriefing

- A. Debriefing will occur when directed by the SPO or designee to review staff response and to ensure appropriate use of restraints.
- B. Following any incident whereupon physical restraints are deployed, the staff involved shall not leave the facility until debriefed and released from duty by the on-site supervisor or designee.

VIII. General Information and Training

- A. Staff are to have ongoing training, including routine policy review, in the use of restraint equipment available.
 - 1. Restraint equipment will not be used to secure a youth to any part of a vehicle during transport or to a building or other fixed objects.
 - 2. When utilizing handcuffs and/or leg restraints, it is best practice to ensure the keyholes face upward on handcuffs and face downward or away from the youth on the leg shackles.