



## Restraints

### Clinical Indications:

- Patients with actual or potential threat to self or others.

	EMT	
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### Procedure:

1. Evaluate the need for restraints. Restraints should be considered only as a last resort after verbal techniques have failed.
2. Request law enforcement assistance and **Contact Medical Control**.
3. The least amount of restraint necessary to accomplish the desired purpose should be used.
4. The restraints should not be limiting to the patient's peripheral or central circulation or respiratory status.
5. Soft restraints such as cravats or roller bandages can be used for extremity restraints. Sheets may be used to limit upper body or lower extremity movement.
6. The restraints should be frequently monitored during transport. Neurovascular status of restrained parts should be assessed.
7. Documentation on/with the patient care report (PCR) should include the reason for the use of restraints, the type of restraints used, and the time restraints were placed. Complete and attach the Restraint checklist.

### Certification Requirements:

- Maintain knowledge of the indications, contraindications, technique, and possible complications of the procedure. Assessment of this knowledge may be accomplished via quality assurance mechanisms, classroom demonstrations, skills stations, or other mechanisms as deemed appropriate by the local EMS System.