

# Mechanical Restraint Application

Policy & Procedure SGHC NP0894

## Department of Nursing

### Purpose

To describe the appropriate use and application of approved mechanical restraints.

### Scope

This policy applies to all nursing staff and all in patient units.

### Policy

The mechanical restraints listed in the SGHC Seclusion/Restraint Policy #071488 are pre-approved for use at Spring Grove Hospital Center.

Mechanical restraints will be employed at Spring Grove Hospital in a manner which assures the rights, safety, and dignity of the patient in accordance with the SGHC Seclusion/Restraint Policy #071488.

- A. All nursing staff must be trained in the proper use and application of mechanical restraints through the hospital's PMAB Program. Only nursing staff that is deemed competent through this process are able to apply mechanical restraints.
- B. No employee will attempt to restrain a patient alone. Additional help must be available on the unit or called to assist before applying mechanical restraints.

### Pre-Approved Mechanical Restraints

#### (1) Wood Restraint Chair

Two, four- or five-Point restraints may be applied to the restraint chair based upon the degree of physical immobilization required.

#### 2 Points

The patient's wrists are restrained to the restraint chair using either Velcro or leather restraint straps.

1. Attach wrist restraint straps to both wrists and onto the chair.
2. Fasten wrist straps securely allowing for proper circulation of extremity.
3. Restraint key is required for lock.

#### 4 Points

The patient's wrist and ankles are restrained to the restraint chair using either Velcro or leather straps.

1. Attach wrist restraint straps to both

wrists and onto the chair.

2. Attach ankle restraint straps to both ankles and onto the chair.
3. Fasten wrist and ankle straps securely allowing for proper circulation of extremity.
4. Restraint key is required for lock.

#### 5 Points

Patient's wrist, ankles and torso are restrained to a restraint chair using either Velcro or leather straps.

1. Attach wrist restraint straps to both wrists and onto the chair.
2. Attach ankle restraint straps to both ankles and onto the chair.
3. Fasten wrist and ankle straps securely allowing for proper circulation of extremity.
4. A torso belt strap is applied across the chest and is attached to the chair allowing for proper breathing and movement by patient.
5. Restraint key is required for lock.

#### (2) AEDEC Black Restraint Chair

This model has all point nylon straps already attached. After placing the patient in the chair, follow the process below:

#### 5 Points

- Step 1 Secure the **Lap Belt** strap across patient's abdomen.
- Step 2 Secure the **Shoulder Harness** straps in place.
- Step 3 Secure both **Leg Band** straps in place.
- Step 4 Secure the **Wrist Straps** in place on both sides.
- Step 5 Secure the **Foot Straps** in place on both sides.

#### (3) Restraint Bed

Four- or Five-Point Restraints may be applied in based on the degree of physical immobilization required.

#### 4 Points

1. Secure restraints to bed frame of bed.

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2. Place patient in bed, attach ankle and wrist restraints simultaneously.
3. Secure ankle straps to ankles.
4. Restraint key is required for lock.

**5 Points**

1. Secure restraints to side rails of bed.
2. Place patient in bed, attach ankle and wrist restraints simultaneously.
3. Secure ankle straps to ankles.
4. A torso belt strap is applied across the chest.
5. Restraint key is required for lock.

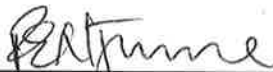
**(4) Geri-Chair with lock table**


The patient is placed securely in a Geri-chair with a lock table that cannot be released by the patient.

**(5) Soft Mittens****2 Points**

Soft mittens are applied securely to the patient's wrist(s) which cannot be released by the patient.

**Approved by**

 9/22/22  
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Chief Nursing Officer

 9/22/22  
Marie Rose Alam, M.D., FAPA, Date  
Chief Executive Officer

**PICTORAL APPENDIX**

Wood Chair



Torso Straps



Velcro Wrist Restraint



Velcro Ankle Restraints (red)

Geri-Chair with lock table



Revised: 8/94, 6/98, 6/02, 3/09, 6/12, 12/15  
Reviewed: 4/97, 9/15, 4/18, 9/22

**Cross References:**

Hospital Policy: Seclusion/Restraint #071488