



**REGION 11  
CHICAGO EMS SYSTEM  
POLICY**

Title: Restraints
Section: Patient Care
Approved: EMS Medical Directors Consortium
Effective: August 1, 2018

## **RESTRAINTS**

- I. Hard or soft restraints may be used only as a therapeutic measure to prevent a patient from causing physical harm to self or others. In no event shall restraints be utilized to punish or discipline a patient.
- II. Procedure
  - A. At no point, should the EMS personnel place themselves in danger. Additional manpower or police backup should be requested as needed.
  - B. EMS personnel may initiate application of restraints when appropriate.
  - C. Document the reason for the initiation of restraints on the patient care report.
  - D. Apply restraints:
    1. Necessary force (minimum required) can be applied to neutralize the amount of force exerted by the patient. All attempts should be made to avoid injury to the patient and EMS personnel.
    2. The patient must never be restrained in prone position.
    3. Full restraint requires the application of a restraint to each limb.
  - E. The patient must be observed constantly by a paramedic or EMT-B while restrained.
  - F. Document neurovascular status to all extremities after application and every 15 minutes thereafter.
  - G. Handcuffs are to be applied by police officers **ONLY**. When the transportation of a patient who is hand cuffed is required, the police officer who has the key to the handcuffs must remain with the patient at all times.

*Reference:*

*"Mental Health and Development Code", Illinois Revised Statute 1983, Chapter 91 1/2. Section 2-108; 2-109; and 2-201 (and its amendments).*