

## 16.2 RESTRAINT POLICY

### POLICY

This policy outlines the guidelines and procedures for the use of restraint techniques, emphasizing the safety, well-being, and dignity of students enrolled in programs offered at SNF Development Center

### SCOPE

This policy applies to all staff members involved in the care and education of students, as well as situations where the use of restraint may be considered necessary.

### PROCEDURE

**Last Resort:** Restraint techniques will only be used as a last resort when there is an immediate threat of harm to the student or others, and all other de-escalation strategies have been exhausted.

**Minimum Force:** Restraint, if deemed necessary, will be applied with the minimum amount of force and for the shortest duration required to ensure safety.

**Documentation:** Every incident requiring restraint will be documented, including the circumstances leading to the restraint, the techniques used, and the de-escalation efforts made.

#### Staff Training and Certification:

- **Training:** All staff members involved in student care will receive comprehensive training in de-escalation techniques and the safe application of restraint.
- **Certification:** Staff members will be certified in appropriate restraint techniques and re-certified regularly to ensure competence and compliance with best practices.

#### Conditions for Restraint:

- **Imminent Danger:** Restraint will only be used when there is an imminent danger of harm to the student or others, and when less restrictive interventions have been ineffective.
- **Medical Considerations:** Restraint techniques will be applied with consideration for the student's medical condition, ensuring their physical well-being during and after the intervention.

#### Parent/Guardian Notification:

- **Timely Notification:** Parents/guardians will be promptly notified if a restraint technique has been used on their child. The notification will include details of the incident and the steps taken.

#### Debriefing and Follow-Up:

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- **Post-Incident Debriefing:** After a restraint incident, a debriefing session will be held with staff members involved to review the situation, discuss alternative strategies, and ensure continuous learning.

#### **Reporting and Documentation:**

- **Incident Report:** A detailed incident report will be completed, including the events leading to the restraint, the techniques used, and any injuries sustained, if applicable.

#### **8. Prohibition of Certain Techniques:**

- **Restricted Techniques:** Certain restraint techniques, such as prone restraints, which pose significant risks, are strictly prohibited and will not be used under any circumstances.

#### **9. Continuous Review and Improvement:**

**Staff Feedback:** Staff members will be encouraged to provide feedback and suggestions for improving the effectiveness and safety of restraint techniques.

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