

# POLICIES AND PROCEDURES MANUAL

KEYSTONE COMMUNITY RESOURCES, INC.

KEYSTONE INDEPENDENT LIVING, INC.



**Policy Title:**  
Manual restraints

**Chapter:**  
10

**Effective Date:**  
10/25/1999

**Revision Date:**

**Policy Number:**  
10-104-011

**Executive Director**

## SCOPE:

- Chapter 3800 – Child Residential and Day Treatment Facilities

## INTRODUCTION:

1. A manual restraint is a physical hands-on technique that lasts more than 1 minute that restricts the movement or function of a child or portion of a child's body. A manual restraint does not include a manual assist of any duration for a child during which the child does not physically resist or a therapeutic hold for a child who is 8 years of age or younger for less than 10 minutes during which the child does not physically resist.
2. Manual restraints that apply pressure or weight on the child's respiratory system are prohibited.
3. Prone position manual restraints are not permitted for girls who are pregnant.
4. The position of the manual restraint or the staff person applying a manual restraint shall be changed at least every 10-consecutive minutes of applying the manual restraint.
5. A staff person who is not applying the restraint shall observe and document the physical and emotional condition of the child, at least every 10 minutes the manual restraint is applied.

## DISCUSSION: