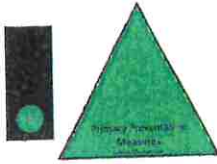


Non-Harmful / Non Restrictive Method of Control

Prompt

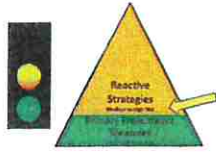
Incite or move person to action", "assist (hesitant person) with suggestion etc.,"
(Oxford English Dictionary)



If a person is calm, social engaged and at 'baseline behaviour' a simple prompt may be sufficient to move them. Effective use of good communication skills as well as distance should be maintained. Many people will incite a prompt by starting to 'walk on' and see if the person will follow. Any form of 'physical' prompt, such as a shoulder or elbow touch (never below the waist line), should be used with consideration of the person and safety. The prompt can indicate if the person is compliant or non-compliant.



Non-Harmful / Non Restrictive Method of Control



Escort

"To accompany for the purpose of protection of guidance"

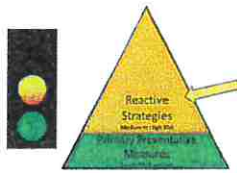
(Oxford English Dictionary)



In general, when we are escorting someone, they are normally compliant and therefore the use of force is not restrictive or applied against a person's consent.

The hand on the back is there purely and primarily as a 'prompt' to encourage the person to move. No direct pressure is to be applied to the back or spine in any forceful or direct way. The hand on the back is only a means of encouraging guidance. The leading hand would always be placed on the forearm. This can be a single or two person technique.





Non-Harmful / Non Restrictive Method of Control

Hold

"A commonly used, and often helpful containing experience for a distressed child."
(Children Act 1989)



Hold (Single Person or Two person)

This technique is very similar to the previous escort, but extra support is given at the back of the person by holding around their waist.

This technique may be used as a 'low-level intervention' to support someone who may be unstable on their feet and / or to assist them in walking. Generally speaking, the holding technique will only be effective if applied with the consent of the person being held.





Low-Level / Least Restrictive Restraint Double Hand Restraint (Two Person)



Double Hand Restraint (Two Person)

Restriction is achieved by the holding the person's forearm with two hands in a neutral 'L' position, their elbow by their side. If necessary, further restriction can be achieved by moving their arms backwards, further isolating the bicep. No pain or uncomfortable pressure is applied to obtain control.

The double hand restraint places the hands on the forearm, allowing free movement of the wrist.





Low-Level / Least Restrictive Restraint Secure Cup Restraint (Two Person)



A Secure Cup Restraint provides us with a firmer low-level intervention. In this case we 'cover' their fist by 'cupping' it as shown. This allows continual immobilisation of the tricep (extender muscle) without discomfort, harm and / or pain. This is an effective technique to stop someone scratching, nibbling or grabbing and gives additional control with stronger people.





Low-Level / Least Restrictive Restraint Straight Arm Restraint (Two person)



If the person at crisis has locked their arm, so that it cannot be moved into either of the two former techniques, a straight arm restraint would be used. By holding the forearm down and supporting the bicep, when the tension is released, the arm can be moved into one of the former techniques. This technique can also be used if the person wriggles and pushes their arms out whilst in restraint locking their elbows.

Kneeling Position (Two Person)



If a person become uncontrollable whilst standing up (due to kicking etc.) or no chairs are available, then moving the person in to the kneeling position is a possible option.

To do this both members of staff step forward into a kneeling position as shown, whilst maintaining good controlling restraints on the person.

The leg nearest to the person being restrained should be the kneeling leg, whilst the outer leg provides the stabilising balance.



Seated Low-Level / Least Restrictive Restraint

Seated Rest Positions (Two Person)



Seated Double Hand Restraint



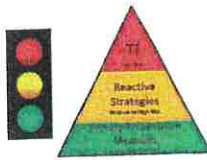
Seated Secure Cup Restraint

Sitting a person down is the best way to de-escalate a situation, reducing risk for all involved. The use of Double Hand Restraint, Secure Cup Restraint and Straight Arm Restraint can be used by either one or both adults providing the intervention. The same techniques do not need to be used by both adults at the same time.

There may be occasions where access to three chairs is not possible. In these circumstances, one or both of the adults leading the intervention would have to move into a kneeling position. If only one chair is available, the person being restrained should sit on this.



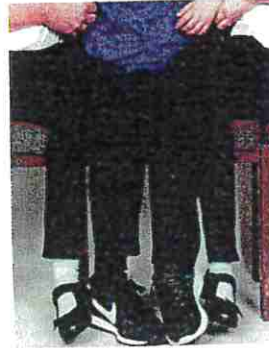
Variations where three chairs may not be available



Seated Low-Level / Least Restrictive Restraint

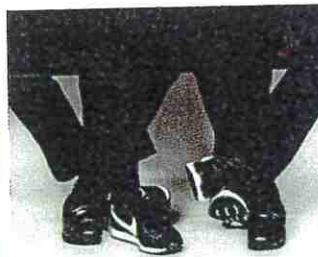
Dealing with Kicking in a Seated Position (Two Person)

Sitting a person down is the safest way to deal with kicking.



Leg over the thigh: Staff do not impede movement but allow the weight of their own legs to act as a damper to the kicking effect. At no time is any pressure applied to the kneecap of the restrained person's legs.

Scissor Hold: Both legs hold the person's leg to avoid being kicked. If the person wishes to move their legs, movement is allowed and not restricted. As such no pain is required to achieve control and risk of harm is minimised.



This may be a preferred option for staff who have short legs and who may find it difficult placing their legs over the top of the person's legs. It may also be more appropriate when considering controlling the legs of a girl who may be wearing a skirt for example. If absolutely necessary, the person's legs can be restrained further by drawing them back to isolate the large upper leg muscles and thus eliminate the ability to kick at all.