

## Application of Soft Restraints

Student's Name: \_\_\_\_\_

Date: \_\_\_\_\_

√	Performance Step(s)	Comment(s)
	Apply BSI.	
	Plan your actions ahead of time.	
	At least 4 people are required to restrain a patient. Each person should be pre-assigned a limb to restrain. Rescuers should act all at once to overwhelm the patient.	
	Grab clothing or large joints.	<i>Avoid placing pressure on the neck or chest. Avoid the mouth, as some patients may try to bite rescuers.</i>
	An EMT-B should be assigned to reassure the patient throughout the procedure.	
	Secure all four limbs with restraints approved by local protocols.	
	The patient should be secured on the ambulance gurney in a supine or lateral position.	
	If the patient is spitting at rescuers, a surgical mask or oxygen mask (connected to oxygen) can be placed over the patient's face.	
	Continually monitor distal circulation in restrained extremities.	
	Once restrained, do not leave the patient at any time. Consider having extra personnel in the ambulance's patient compartment during transport.	
	Monitor ABCs during transport.	
	Do not remove restraints unless sufficient personnel are available to control the patient (usually at hospital).	
	Document why and how the patient was restrained.	