

**REGION I EMERGENCY MEDICAL SERVICES  
STANDING MEDICAL ORDERS  
EMT – Basic, EMT – Paramedic**

**SMO: Restraints**

**Overview:** Restraints are to be used to prevent patients from causing self-harm or harm to others. 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. Full restraint requires the application of a restraint to each limb.

**Procedure**

- \_\_\_ 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 yourself.
- \_\_\_ The patient must be observed constantly by a paramedic/EMT while restrained.
- \_\_\_ Documentation of neurovascular status to all extremities should be documented every **10 minutes** on the run sheet.
- \_\_\_ Handcuffs are to be applied and removed by police officers **ONLY**. When the transportation of a patient who is hand cuffed is required, the police officer that has the key to the handcuffs must accompany the patient.

**Documentation of adherence to protocol:**

- \_\_\_ Behavior noted as evidence that the patient is at risk of self-harm or harm to others.
- \_\_\_ Type of restraint used (hard or soft) and if partial or full restraints were used.
- \_\_\_ Constant observation of patient while restraints in place.
- \_\_\_ Neurovascular status check noted every 10 minutes while restraints in place.
- \_\_\_ If handcuffs used by police officer, officer that has the key to the handcuffs has accompanied the patient.

**Medical Control Contact Criteria**

- \_\_\_ If any question exists as to best treatment option for the patient.

**PRECAUTIONS AND COMMENTS**

- At no point should the paramedics place themselves in danger. Additional manpower should be requested as needed.
- In emergency situations, a paramedic may initiate application of restraints in the absence of an order from Medical Control.