

Mechanical Restraints

515.1 PURPOSE AND SCOPE

This policy establishes guidelines for the application of, supervisory oversight of, and restrictions on the use of restraints on youths detained in department facilities (15 CCR 1358).

This policy does not apply to the use of conducted energy weapons.

515.1.1 DEFINITIONS

Definitions related to this policy include:

Restraints - Any device designed to restrict a person's bodily movement. Examples include handcuffs, waist chains, and leg chains (15 CCR 1358).

515.2 POLICY

It is the policy of this department that the use of restraints should be reserved only for situations where they are reasonably necessary and it appears less restrictive alternatives would be ineffective, and that they should be used safely.

515.3 GENERAL REQUIREMENTS

The following apply to the use of restraints (15 CCR 1358):

- (a) Restraints shall only be applied by officers trained and authorized to use them, and in a manner consistent with their training.
- (b) Restraints used should be only those approved by the Department and should not have been altered from their original design.
 1. This department authorizes the use of department-issued handcuffs, waist chains, leg chains and/or leg shackles.
- (c) Restraints shall be used only to prevent self-injury or injury to others, serious property damage, or escape.
 1. The danger to themselves or others, or danger of serious property damage or escape, should be immediate.
- (d) Except in an emergency, a supervisor shall be notified before restraints are applied, or as soon as practicable, if prior notice is not possible. A supervisor should monitor the situation until the restraints are removed.
 1. The Watch Commander or the authorized designee shall provide approval prior to the use of restraints.
 2. The Watch Commander or the authorized designee shall approve the use, and continued use, of any restraints, at a minimum, hourly.
 3. The Watch Commander may delegate authority for the decision to place a youth in restraints or allow a youth to continue in restraints to a physician.
- (e) Restraints should be used as a last resort.

San Diego County Probation Department

Institutional Services Policy Manual

Mechanical Restraints

- (f) Restraints shall be applied for as short a time period as possible and shall be discontinued as soon as practicable when it is reasonably believed the need for them no longer exists.
- (g) Restraints shall never be used to inflict pain, punishment, discipline, retaliation, harassment, compliance, or intimidation, or as a substitute for treatment.
- (h) Plastic cuffs should be used only in unusual situations where handcuffs are not available or are not practicable.
- (i) A supervisor should be notified of any restraints that are faulty or malfunctioning.
- (j) Officers shall conduct constant visual supervision of a restrained youth. Officers should also:
 - 1. Have the youth medically evaluated as soon as practicable, but within two hours. The youth shall be medically cleared for continued restraint use every three hours. In the rare instance when a youth would be restrained beyond one hour, whether ordered for clinical or custody purposes, exercising the limbs for at least 10 minutes every two hours is recommended to prevent blood clots.
 - 2. Have the youth evaluated by a mental health professional as soon as practicable, but within four hours if the youth is still restrained.
- (k) Restrained youths shall be protected from other youths, held in an area designated for restrained youths, and not left alone with other youths.
- (l) Youths shall not be restrained to any fixed object, such as room furnishings or fixtures, nor shall their hands and feet be bound together behind the back (maximum restraint).
- (m) Restrained youths shall have access to water, meals, and toilet facilities when they can be reasonably accommodated.

More frequent checks and further authorizations are required in other special circumstances covered under this policy. Exceptions to the above reporting and authorization requirements are covered below in Transportation Restraints.

515.4 SPECIFIC DUTIES OF THE DIVISION CHIEF

The Division Chief should include the medical provider and the person assigned to direct mental health care in developing policies and procedures related to the use of restraints (15 CCR 1358).

The procedures should require an individual assessment of the need to apply restraints for movement or transportation within the Facility and should include consideration of less-restrictive alternatives, the youth's medical or mental health conditions (if known), and trauma-informed approaches (15 CCR 1358.5).

515.5 TRANSPORTATION RESTRAINTS

The following applies to the use of restraints for the standard transportation or movement of youths (see the Control of [Youth] Movement and Transportation of [Youths] Outside the Secure Facility policies) (15 CCR 1358.5):

San Diego County Probation Department

Institutional Services Policy Manual

Mechanical Restraints

- (a) Restraints may be used when moving a youth from point to point within a secure facility, but restraints should be removed upon arrival. (Restraints will not be used on pregnant youths except as indicated below in Pregnant Youths.)
- (b) Restraints may be used when transporting a youth in a vehicle, but they should not be attached to anything in the vehicle or to another youth. Restraints shall only be used under the following circumstances (Welfare and Institutions Code § 210.6):
 - 1. An officer of the Department, in consultation with the transporting agency, has determined that restraints are necessary to prevent escape or an injury to the youth or another.
 - 2. The least restrictive form of restraint is used based on the facts.
 - 3. Officers shall document the reason why a particular restraint device was selected and the circumstances leading to its application.

515.6 SUBSTANTIALLY RESTRICTIVE RESTRAINTS

The Department does not issue, authorize or train on the use of substantially restrictive restraints such as four-point restraints, restraint chairs, stiff blankets, or wraps (15 CCR 1358).

515.7 DOCUMENTATION

All use of restraints other than those consistent with approved transportation protocol should be fully documented, including:

- (a) The name of the youth.
- (b) The member who applied the restraints.
- (c) The reason for the application.
- (d) The date, approximate time and duration of the restraint.
- (e) Any less-intrusive interventions that were tried and proved unsuccessful in managing the behavior.
- (f) The type of restraint.
- (g) The location of the restraint.
- (h) Whether any injury was involved, and a description of any injuries.
- (i) The mental health evaluation and prescription for restraint, if applicable.
- (j) Observations of the youth's behavior.
 - 1. These shall be logged at least every 15 minutes.
- (k) Any staff or health care provider interventions or unusual events.
 - 1. These shall be logged within 15 minutes of the intervention or event.
- (l) The date and time of safety checks.
- (m) The name and title of persons authorizing the restraints.
- (n) Reasons for continued restraint, documented at least every hour (15 CCR 1358).

San Diego County Probation Department

Institutional Services Policy Manual

Mechanical Restraints

Supervisors should review each documented use of restraints and evaluate whether policy was followed and whether training issues were raised.

When officers apply restraints during the use of physical force (see Use of Force Policy), officers must document all uses of mechanical restraints on an incident report. The report should be completed and given to the Watch Commander prior to the end of an officer's assigned shift.

515.8 ACQUISITION AND MAINTENANCE OF RESTRAINTS

The Division Chief's authorized designee is responsible for:

- (a) Verifying that only professionally manufactured restraints are acquired for use.
- (b) Inspecting all restraints.
- (c) Documenting all inspections.
- (d) Repairing or replacing faulty or malfunctioning restraints.
- (e) Maintaining restraints according to manufacturer's guidelines.

515.9 PREGNANT YOUTHS

Restraints will not be used on youths who are known to be pregnant unless based on an individualized determination that restraints are reasonably necessary for the legitimate safety and security needs of the youth, the staff, or the public. Should restraints be necessary, the restraints shall be the least restrictive available and the most reasonable under the circumstances.

Youths who are known to be pregnant will not be handcuffed behind their backs, or placed in waist restraints, or leg restraints (15 CCR 1417; Penal Code § 3407; Penal Code § 6030).

515.9.1 YOUTHS IN LABOR

No youth who is in labor, delivery, or recovery from a birth shall be restrained by the use of leg restraints, waist chains, or handcuffs behind the body (15 CCR 1417; Penal Code § 3407; Penal Code § 6030).

No youth who is in labor, delivering, or recovering from a birth shall be restrained except when all of the following exist (15 CCR 1417; Penal Code § 6030):

- (a) There is a substantial flight risk or some other extraordinary medical or security circumstance that dictates restraints be used to ensure the safety and security of the youth, the staff of the juvenile detention facility, the medical facility, other youths, or the public.
- (b) A supervisor has made an individualized determination that such restraints are necessary for the safety and security of the inmate, the staff, or the public. .
- (c) There is no objection from the treating medical care provider.
- (d) The restraints used are the least restrictive type and are used in the least restrictive manner.

San Diego County Probation Department

Institutional Services Policy Manual

Mechanical Restraints

Restraints shall be removed when a professional who is currently responsible for the medical care of a pregnant youth during labor, delivery, or recovery after delivery determines that the removal of restraints is medically necessary (15 CCR 1417; Welfare and Institutions Code § 222).

The supervisor should, within 10 days, make written findings specifically describing the type of restraints used, the justification, and the underlying extraordinary circumstances.

515.10 TRAINING

The Training Manager should facilitate initial and ongoing training on the use of restraints, to include (15 CCR 1358):

- (a) Proper use of restraints that officers are assigned to use.
- (b) Prohibitions regarding placing restraints around a youth's neck or applying them in a way that is likely to cause undue physical discomfort or restrict blood flow or breathing (e.g., maximum restraints).
- (c) Risks associated with restraints and restraint methods.
- (d) Verifying proper application after restraints are placed on a youth and responding to complaints of pain or discomfort.
- (e) Specialized training for those who may restrain a youth in a way that prevents standing upright and walking.
- (f) This policy.
- (g) Required authorizations for different types of restraints.
- (h) Medical conditions that would affect the application of force.
- (i) Approved restraint devices.
- (j) Signs or symptoms that should result in immediate referral to medical or mental health staff.
- (k) Availability of cardiopulmonary resuscitation equipment.
- (l) How to provide for the exercising of a restrained youth's arms and legs.
- (m) Provision for hydration and sanitation needs.