DESCRIPTION OF PRODUCT: Wrist/ankle restraints for use with extremely violent patients and/or patients who are potentially dangerous to themselves or others.

WARNING
A patient in a supine position who cannot sit up requires extra vigilance. Should the patient vomit, he/she could aspirate his/her vomitus and suffocate. Monitor constantly and be prepared to intervene at the first sign of danger.

If this device is applied too tightly, circulation will be impaired. If too loose, the patient may be able to slip his/her limb from the device. Check circulation frequently and monitor for skin discoloration.

Check cuffs and straps for cracks, tears and wear. Soft leather is pliable and may allow the patient to pull the cuff off the wrist, or the straps to slide through the slots. Discard all leather products that are cracked, worn, torn or are too soft or pliable to prevent the patient from pulling the cuff off the wrist, or pulling the connecting strap through slots. If the patient is able to remove the cuff, they may do injury to themselves or others.

ADVERSE REACTIONS: Severe emotional, psychological, and physical problems may occur if a patient’s movement is severely limited. The patient may become agitated if the device is uncomfortable or severely limits movement. Request assistance from a qualified medical authority to try to find a less restrictive alternative product or intervention.

CONTRAINDICATIONS: Contraindications include, but are not limited to the following conditions:

- Do not use limb restraints on patients with dislocations, fractures or open wounds on the affected limb.
- Do not use limb restraints if the I.V. site could be compromised.
- Aggressive, combative, agitated, or suicidal patients should not be put into a restrictive product unless they will receive constant monitoring.

APPLICATION INSTRUCTIONS: SINGLE CUFFS

1. Wrap the cuff around the patient’s limb, leaving enough room to insert one finger, bringing the U-bar through the vertical slot and then the leather tongue through the U-bar.
2. Pass the connecting strap through the U-bar on the cuff.

APPLICATION INSTRUCTIONS: CONNECTING STRAPS FOR SINGLE CUFF

1. Wrap the strap once (or more) around the movable frame of the bed.
2. Pass the strap through the metal U-bar and pass it through the lock or buckle, leaving no more than 1” of strap protruding out of the lock. Too much excess strap may allow the patient to pull on the buckle with more than 600 pounds leverage, damaging or breaking open the lock. If more than 1” protrudes out of the lock, the strap should be positioned with the lock out of the patient’s reach. Cotton and polypropylene straps may be cut with scissors to free patient in an emergency.

APPLICATION INSTRUCTIONS: CONNECTED CUFFS

1. Attach the long bed strap to the movable part of the bed frame at a comfortable level for either wrist or ankle.
2. Lay the patient down on the bed on top of the connecting strap between the leather cuffs.
3. Wrap the cuff around the patient’s limb, bringing the U-bar through a vertical slot.

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APPLICATION INSTRUCTIONS: CONNECTED CUFFS

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**WARNING: Monitor patients appropriately per your facility’s policy!**

Inappropriate and/or incorrect usage of any restrictive product may result in serious injury or death. The Posey Company recommends the following steps before any restrictive product is used:

- Identify the patient’s symptoms.
- Determine and remove, if possible, the cause of the symptoms. This may include catering to individual needs and customary routines; increased rehabilitation and restorative nursing; modifying the environment; and increased supervision.
- If the cause cannot be determined and removed, attempt alternative treatments under proper medical supervision.
- A restraint should be used only when practicable alternatives have failed. The least restrictive device that will protect the patient and others should be selected and used for the shortest time while less restrictive alternatives are sought. It is critical that the appropriate restraint is selected.
- Follow the directions on the Application Sheet accompanying each product.

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**How to Tie the Posey Quick Release Tie**

1. Wrap the attachment strap once around the movable part of the bed frame leaving at least an 8” tail. Fold the loose end in half to create a loop and cross it over the other end. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device.

2. Insert the folded strap where the straps cross over each other, as if tying a shoe or making a tourniquet knot. Pull on the loop to tighten.

3. Fold the loose end in half to create a second loop.

4. Insert the second loop into the first loop.

5. Pull on the loop to tighten.

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**Sizing Table for Posey Products**

Always use the proper size product. Products that are too small or large compromise patient comfort and safety and should not be used.

<table>
<thead>
<tr>
<th>BINDER SIZE</th>
<th>WEIGHT (lb./kg)</th>
<th>CHEST (in./cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>X-Small</td>
<td>60-90/27-41</td>
<td>28-34/71-86</td>
</tr>
<tr>
<td>Small</td>
<td>80-120/36-54</td>
<td>32-39/81-99</td>
</tr>
<tr>
<td>Medium</td>
<td>110-155/50-70</td>
<td>37-45/94-114</td>
</tr>
<tr>
<td>Large</td>
<td>145-190/66-86</td>
<td>43-49/109-124</td>
</tr>
<tr>
<td>XLarge</td>
<td>180-230/82-104</td>
<td>47-52/119-132</td>
</tr>
<tr>
<td>XX-Large</td>
<td>220-275/110-125</td>
<td>50-56/127-142</td>
</tr>
<tr>
<td>XXX-Large</td>
<td>265-325/120-139</td>
<td>54-60/137-152</td>
</tr>
<tr>
<td>XXXX-Large</td>
<td>295-340/134-155</td>
<td>58-64/147-163</td>
</tr>
</tbody>
</table>

Posey Belts are not color-coded, but are also sized according to this table. Flame-retardant fabric is available on request. Weights and size measurements give a general indication of the proper size. Individual physical characteristics should be taken into account before the medical authority determines the correct size. Refer to label on product for specific sizing indications.