



APPLICATION INSTRUCTION SHEET POSEY® LIMB HOLDERS

Applicable Products:
Cat. No. 2510

DESCRIPTION OF PRODUCT: A soft limb holder for limiting limb movement.

CAUTION: FEDERAL LAW (USA) RESTRICTS THIS DEVICE TO SALE OR USE BY OR ON ORDER OF A PHYSICIAN.

INDICATIONS:

- Patients who continually disrupt life-saving treatment (e.g., chronic tube-pulling which breaks the integrity of an IV line or self-extubation).
- When a patient's pulling lines prevents the healthcare professional from adequately monitoring the vital signs of the patient.
- When a patient's picking, pulling, scratching or peeling exacerbates a skin condition, causes self-injury, or disrupts wound site integrity.

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.
 - Do not use on the patient who is suicidal, highly aggressive and/or combative, who strikes and endangers himself and/or others. See Posey catalog for more suitable products.

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.

⚠ 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.

Do not attach the limb holder in a way that the patient may use his/her teeth to remove the device or inflict self-injury. Additional body restraint (fifth point) may be required to prevent the patient from moving the line/wound/tube site to within access of his/her hands. Refer to Posey Psychiatric and Emergency Dept. Product Book, Part No. M1031.) Always secure strap at a frame juncture which will not allow the straps to slide in any direction, changing the position of the product.

Laundering Instructions:



The "hook" of hook and loop closure material has a tendency to collect lint after repeated use and/or laundering, reducing the grip strength of the hook and loop. Test for secure hold before each use. Discard if it does not hold securely. Occasionally go over the "hook" with a stiff brush to remove lint. Fastening the "hook" to the "loop" during laundering will also help to prevent lint buildup.



APPLICATION INSTRUCTIONS:

- 1) Wrap the blue foam cuff pad around the limb in a CLOCKWISE direction, with the blue foam toward the skin and so that the metal ring is positioned next to the wrist bone.
- You should be able to easily insert one finger between the device and the patient's limb.
- 2) Make a 1-in. (3 cm) loop with the strap near the wrist and insert the loop portion through the metal ring.
- 3) Insert the end of the strap through the loop and pull tight. When done properly, the strap will NOT tighten up if the patient pulls against it.
- 4) Test by pulling to make sure it does not tighten.

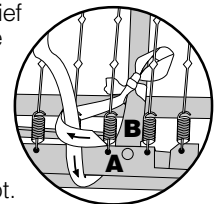
⚠ WARNING

Be sure loop is secured properly at the metal ring. If done incorrectly, and the patient pulls, the wrist restraint could constrict circulation due to a knot forming at the metal buckle.

- 5) Secure the strap to the movable part of the bed frame out of the patient's reach with a quick-release tie.

NOTE:

When applying restraints to agitated patients, it is recommended to create an additional stress relief point on the connecting strap. Wrap the strap once around the movable part of the bed frame (point A) and secure to a second point on the same moveable part of the bed frame (point B) using a quick-release tie. The strap will absorb the stress of pulling and protect the knot.



Posey Limb Holders
Cat. No. 2510 3/8" Foam (Wrist or Ankle)

We welcome your suggestions for improving our products or service:

Posey Co.
5635 Peck Road
Arcadia, CA 91006 USA
Tel: 1-800-44-POSEY
Fax: 1-626-443-5014
www.posey.com

ADDITIONAL SAFETY INSTRUCTIONS ON OTHER SIDE



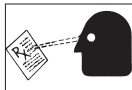
Safety Information for the Use of Posey Torso and Limb Restrictive Products



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.



#1 Posey restraints are labeled: Caution: Federal law (USA) restricts this device to sale by or on order of a physician.

All staff should receive proper inservice training so products are applied in accordance with the manufacturer's instructions, state and federal regulations and the facility's policies and procedures. Posters, Videos and Inservice materials are available free from Posey Company.



#2 Restrictive products should only be used within the carefully defined and documented parameters of the patient's Individualized Care Plan (ICP) which addresses (but is not limited to) restorative nursing, patient release, and pressure sore prevention. The ICP is created after an assessment by an interdisciplinary team which may represent (but is not limited to) PT, OT, Nursing, the Physician, and Social Services.



#3 NEVER use a Posey product as a seat belt in a moving vehicle. Posey products are not designed to withstand the force of a crash.

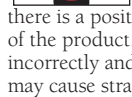


#4 DO NOT expose any Posey Product to open fire, flame, or contact with smoking materials.

Components such as fabric, webbing, thread, etc. are susceptible to ignition and burning. The facility's smoking/no smoking policy should be vigorously enforced. Flame retardant fabric is available on request.



#5 Never crisscross the straps of a Posey Vest/Jacket in back of the patient unless there is a positioning slot in the rear of the product. Any restraint applied incorrectly and/or worn backwards may cause strangulation or injury.



#6 Secure straps of restrictive products out of the patient's reach at a juncture of the movable part of the bed frame at waist level so the device will not tighten or loosen when any section of the bed is raised or lowered. Make sure the strap will not slide in any direction, changing position of the device.

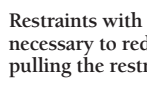
#7 After applying a restraint or self-release product; always put all side rails in the UP position.



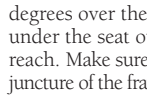
Side rail covers, or gap protectors, especially with split side rails, may be required to keep the patient on top of the mattress, and avoid entrapment zones.



If the patient's body weight becomes suspended off the mattress by going under, around, over, through or between the side rails, chest compression and suffocation could result.



#8 Hips should be held securely against the back of the chair whenever any type of restrictive product is used. The straps should be at 45 degrees over the hips and secured under the seat out of the patient's reach. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of the device. Use extreme caution with all cushions. If dislodged, patient injury could occur. (see #9).



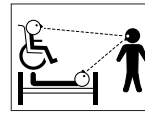
#9 Monitor to make sure the patient is not able to slide down, or fall off a chair seat. If their body weight becomes suspended off the chair seat, chest compression and suffocation could result.



Restraints with pelvic pieces may be necessary to reduce sliding down or pulling the restraint over their head.

#10 Straps must always be snug, but not interfere with breathing. You should be able to slide your open hand (flat) between the device and the patient. Make sure straps do not slide in any direction, changing position of device.

#11 Always use quick-releasing ties (see drawings) or buckles to secure straps – they allow easy release in the event of accident or fire. Restraint release should be an integral part of the facility's fire/disaster evacuation drills. Straps can be cut with scissors in an emergency.



#12 Patients in restrictive products require appropriate monitoring per your facility's policy.

Aggressive, agitated, restless patients and/or those in danger of aspirating their vomit require constant monitoring and a systematic review and evaluation of both physical and psychological status.



#13 Inspect before use for broken stitches or parts; torn, cut or frayed straps or fabric; or hook and loop fastener or locks that do not hold securely.

These products could fail, resulting in injury or death. Destroy and discard them. Straps must be long enough to secure out of the patient's reach. DO NOT alter products.



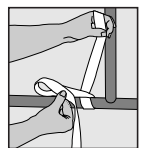
#14 Do not use Posey products on toilets, or on any type of furniture which does not allow application as directed in the product application sheet.

Posey limb and torso restraints should NOT be used at home without constant supervision of a licensed healthcare provider, physician's order and an Individualized Care Plan.

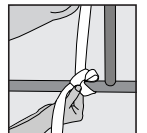
Just as patient behavior is not 100% predictable, no product is 100% fool-proof under all circumstances. A restraint is not a substitute for good nursing care. Patient safety requires regular reassessment and appropriate monitoring per your facility's policy. A product that worked successfully in the past may prove inappropriate as the patient's mental and physical health status changes. Never apply any product you feel is unsafe and consult with the proper medical authority if you feel a product is inappropriate for the patient.

How to Tie the Posey Quick Release Tie

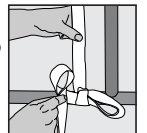
1. Wrap the attachment strap once around the movable part of the bed frame leaving at least an 8" tail. Fold the loose end in half to create a loop and cross it over the other end. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device.



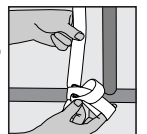
2. Insert the folded strap where the straps cross over each other, as if tying a shoe or making a tourniquet knot. Pull on the loop to tighten.



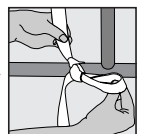
3. Fold the loose end in half to create a second loop.



4. Insert the second loop into the first loop.



5. Pull on the loop to tighten.



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.

Binding Color	Size	Weight (lb./kg)	Chest (in./cm)
White	X-Small	60-90/27-41	28-34/71-86
Red	Small	80-120/36-54	32-39/81-99
Green	Medium	110-155/50-70	37-45/94-114
Yellow	Large	145-190/66-86	43-49/109-124
Blue	X-Large	180-230/82-104	47-52/119-132
Black	XX-Large	220-275/110-125	50-56/127-142
Yel/Blk	XXX-Large	265-305/120-139	54-60/137-152
Blu/Blk	XXXX-Large	295-340/134-155	58-64/147-163

Posey belts are not color-coded, but are also sized according to this table.

Flame-retardant fabric is available on request.

Weight 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.