



# APPLICATION INSTRUCTION SHEET POSEY® SELF-RELEASING SOFT LAP BELT

Applicable Products:  
Cat. No. 4126Q, 4126V

**DESCRIPTION OF PRODUCT:** A self-releasing padded belt.

**INDICATIONS:**

- Patients needing a reminder to call for assistance before they ambulate.
- Patients who require a positioning product to assist medical treatment.

If the patient/resident is not able to easily self-release this product, it would be considered a restrictive product and therefore must be prescribed by a physician.

**CONTRAINDICATIONS:**

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

- This is not intended to be a restrictive product, and may be easily self-released by the patient. Patients who cannot safely ambulate without assistance, or those at risk for a fall or re-injury should not use this product.
- Aggressive, combative, agitated, or suicidal patients.
- Patients with Ostomy, Colostomy, G-Tubes, Hernias, severe Cardio Obstructive Pulmonary Disease (COPD), or those with post-surgery incisions that might be compromised by the pressure from a restrictive product.

- Discontinue use immediately if the patient is able to slide forward or down underneath the device. They could slide far enough under the device to become suspended, resulting in chest compression and suffocation. Posey products with a pelvic piece are designed to help prevent sliding. Products without a pelvic piece between the legs will not hinder sliding as effectively. See your Posey catalog for other more suitable products to help prevent sliding.

**SAFETY CONSIDERATIONS:**

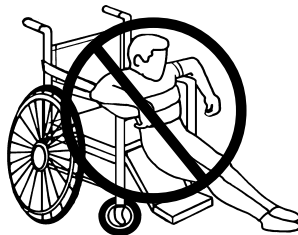
The Posey catalog offers "self-release" and "assisted-release" products and the doctor's order must specify exactly which product is required.

**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**

Straps should always be snug, but not interfere with breathing. You should be able to slide your open hand (flat) between the device and the patient. Loose straps may allow the patient's body to slide forward or down in a chair and become suspended in the restraint, resulting in chest compression and suffocation.



After the product has been applied, always monitor the patient appropriately per facility policy to make sure he/she is not able to slide down, or fall off the chair seat. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device. If the patient's body weight becomes suspended off the chair, chest compression and suffocation could result. Restraints with pelvic pieces may be necessary to reduce sliding down or pulling the restraint off over their head.

**Laundering Instructions:**

This product was designed to be washed under CDC recommendations for linen soiled with blood or bodily fluids:

Fasten all buckles to minimize damage during wash and dry cycle.

Inspect buckles regularly and discard if cracked. Do not put buckles through extractors.

Lower temperature washing and drying cycle for non-contaminated linen will prolong product life.

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.



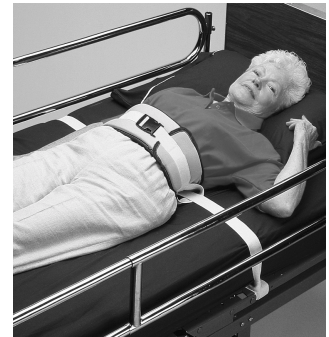
4126V



Rear View



4126Q



4126Q

**APPLICATION INSTRUCTION: CHAIR**

- 1) Position the hips against the backrest of the chair. The soft foam pad goes toward the patient.
- 2) Bring the straps over the thighs at a 45 degree angle around the back post, and pass them between the seat and the side of the chair.
- 3) Cross the straps and twist behind the patient and attach them underneath the chair. Make sure the straps cannot slide forward if the patient begins to slide down. This might allow their buttocks to slide off the seat. See "Warning" to the left.

Straps should 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 are secured at a juncture of the frame and will not slide in any direction, changing position of device.

- 4) The patient may release the belt by opening the quick-release buckle or "hook and loop" closure.

**APPLICATION INSTRUCTIONS: BED**

Put the belt around the patient's waist with the soft foam side facing in. Bring the straps around behind the patient to "criss-cross" in the back, and then continue the straps through the positioning loops on the ends of the blue foam pad. Secure the straps at waist level to the movable part of the bed frame, out of the patient's reach, using a quick-release tie or buckle. Always secure to a juncture of the frame which will not allow the straps to slide in any direction and change the position of the product.

Straps should 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 are secured at a juncture of the frame and will not slide in any direction, changing position of device.

Posey Self-Releasing Soft Belt, Universal Size:  
Cat. No. 4126V with "hook and loop" closure in front.  
Cat. No. 4126Q with Delrin Quick-Release buckle in front.

**ADDITIONAL SAFETY INSTRUCTIONS ON OTHER SIDE**

We welcome your suggestions for improving our products or service:



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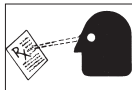
# Safety Information for the Use of Posey Torso and Limb Restrictive Products



## 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.

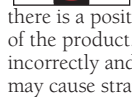


**#4 DO NOT expose any Posey Product to open fire, flame, or contact with smoking materials.**

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.



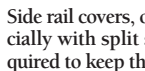
**#5 Never crisscross the straps of a Posey Vest/Jacket in back of the patient unless there is a positioning slot in the rear of the product.** Any restraint applied incorrectly and/or worn backwards may cause strangulation or injury.



**#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.**



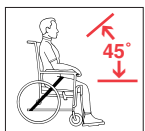
Side rail covers, or gap protectors, especially with split side rails, may be required to keep the patient on top of the mattress, and avoid entrapment zones.



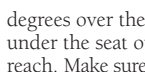
If the patient's body weight becomes suspended off the mattress by going under, around, over, through or between the side rails, chest compression and suffocation could result.



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



**#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).

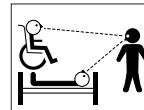


**#9 Monitor to make sure the patient is not able to slide down, or fall off a chair seat. If their body weight becomes suspended off the chair seat, chest compression and suffocation could result.**

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.



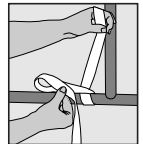
**#14 Do not use Posey products on toilets, or on any type of furniture which does not allow application as directed in the product application sheet.**

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.

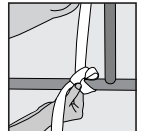
Just as patient behavior is not 100% predictable, no product is 100% fool-proof under all circumstances. A restraint is not a substitute for good nursing care. Patient safety requires regular reassessment and appropriate monitoring per your facility's policy. A product that worked successfully in the 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

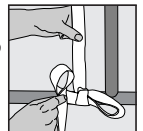
1. Wrap the attachment strap once around the movable part of the bed frame leaving at least an 8" tail. Fold the loose end in half to create a loop and cross it over the other end. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device.



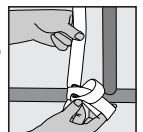
2. Insert the folded strap where the straps cross over each other, as if tying a shoe or making a tourniquet knot. Pull on the loop to tighten.



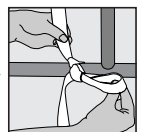
3. Fold the loose end in half to create a second loop.



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.