

**DESCRIPTION OF PRODUCT:** Foam padded belt with cotton straps. #4125/4125L/4125Q for bed or chair application. #4125C for chair application only.

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

**INDICATIONS:**

- Patients who are assessed to be at risk of a fall which could result in injury.
- Patients who require a positioning product to assist medical treatment.
- To provide for supplemental restraint of the thighs, pelvis, or chest of a patient who is already restrained at all four extremities.

**CONTRAINDICATIONS:**

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

- Aggressive, combative, agitated, or suicidal patients who do not receive constant monitoring.
- Patients with ostomy, colostomy, G-Tubes, Hernias, severe Cardio Obstructive Pulmonary Disease (COPD), those with post-surgery incisions that might be compromised by the pressure from a restrictive product, or those with monitoring equipment, tubes or lines that might be compromised by rubbing against a restraint.
- 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.
- Use of a 5th point restraint as a chest restraint in patients with a history of cardiac or pulmonary disorders, thoracic fractures or recent incisions that might be compromised by the pressure from a restrictive device is not recommended without an evaluation by a physician or LIP.
- Use of a 5th point restraint as a pelvic restraint in patients with pelvic fractures, supra-pubic catheters, ostomies, percutaneously placed feeding tubes or recent incisions that might be compromised by the pressure of a restrictive product is not recommended without an evaluation by a physician or LIP.

**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.

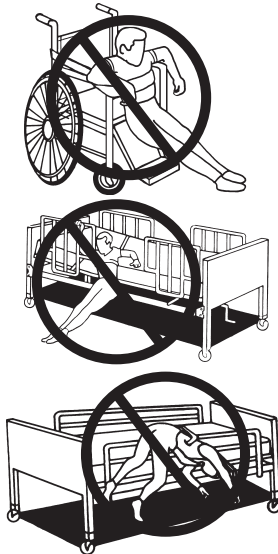
**ADDITIONAL SAFETY INSTRUCTIONS ON OTHER SIDE**

**WARNING**

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.

All siderails should be HBSW compliant and MUST be in the up position when using restraints. If necessary, use a siderail cover, especially with split siderails, to prevent the patient's body from going under, around, through or between the siderails.

After applying a restrictive product, always monitor to make sure the patient is not able to slide down, or fall off the chair seat or mattress. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device. If their body weight becomes suspended off the chair or the mattress, 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.



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.

**LAUNDERING INSTRUCTIONS:**

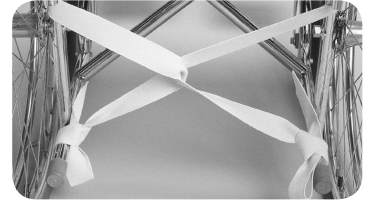
This product was designed to be washed under CDC recommendations for linen soiled with blood or bodily fluids:

WASH HOT 25 MIN. BLEACH AS DIRECTED ON CONTAINER DRY ON LOW

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



Belt should be on lap in wheelchair.



Cat. No. 4125  
Use quick-release ties behind wheelchair.



Cat. No. 4125 in bed



Cat. No. 4125 C - For chair application only.

**For clarity of application illustration, bed rails do not have the recommended HBSW compliant padding. See Posey catalog for more details.**

**APPLICATION INSTRUCTIONS: CHAIR**

Put the belt over the patient's lap, soft foam side down. Bring the straps over the hips, down under the chair at a 45° angle, attach around the back post, and secure them at a juncture of the frame which will not allow the straps to slide in any direction and change the position of the product. Secure them out of the patient's reach with a quick-release tie or buckle. "Snug up" tightness by pulling strap around back post, cross and twist before securing. The patient's hips should be against the back of the chair.

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. When using the model with the pelvic strap (#4125C), put the pelvic strap between the legs. Take the pelvic strap ties under the patient's buttocks, down behind the chair, and secure the ends out of the patient's reach.

The straps must be secured with a quick-release tie or buckle to the wheelchair tilt bar, out of the patient's reach. (See above.) If the chair has an adjustable seat, secure straps to the movable part of the chair frame that will move with the seat when the seat is repositioned, keeping the belt snug, but not tight. This will prevent the belt from tightening and possibly suffocating the resident. If the belt loosens when the chair is repositioned, it may allow the patient to slide forward or down in the chair, become suspended in the restraint, and result in chest compression and suffocation.

**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 "crisscross" 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.

The soft belt (#4125) is also effective as a "5th Point" when the 4 limbs are restrained on a highly agitated, aggressive or combative patient who is "bucking" uncontrollably in bed or on a stretcher. Put the soft foam side toward the patient's chest, waist, or legs, and secure the straps directly to the movable part of the bed or stretcher. (It is not necessary to "crisscross" the straps behind the patient). If used over the chest, the straps should go under the arms and attach to the movable part of the bed frame, above the head or at chest level, with the wrists restrained at the patient's side near waist level. This will prevent the patient from sliding down, becoming entangled with the belt around his neck, and possibly suffocating.

**WARNING**

Patients requiring a 5th point restraint need 1:1 supervision and should never be left alone. If the patient were to vomit, they would need immediate assistance to prevent aspiration of their own vomitus and possible suffocation. Refer to your facility's policy for Psychiatric Care. (Request Posey booklet: M1031 on Psychiatric and Emergency Products)

**Standard Posey Soft Belt:**

- REF 4125 (bed & chair; 4.5" wide x 16.5" belt pad w/ 6 foot straps)
- REF 4125C (chair use only); same as above with pelvic strap.
- REF 4125Q (bed & chair; 4.5" wide x 16.5" belt pad, 6 foot straps w/quick-release buckles)

**Extra Long Posey Soft Belt (for large patients):**

- REF 4125L (bed & chair; 4.5" wide x 30" belt pad w/ 8 foot straps)



## 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 and sized properly (See sizing table).
- 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 the 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 and gap protectors, especially with split side rails, may be required to keep the patient on top of the mattress, and avoid entrapment zones. Use HBSW compliant side rails.



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).



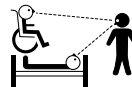
#9 Monitor to make sure the patient is not able to slide down, or fall off the chair seat. If their body weight becomes suspended

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 that do not slip or loosen (see drawings), or buckles to secure straps - they allow easy release in the event of accident or fire. Test to make sure knots do not slip or loosen. If knots slip or loosen, patient may slide off chair or bed, possibly resulting in patient injury or suffocation. 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.



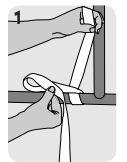
### #14 Do not use Posey products on toilets, or on any type of furniture which does not allow application as directed in the product application sheet. Posey

limb and torso restraints should NOT be used at home.

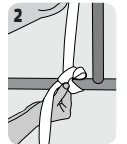
Just as patient behavior is not 100% predictable, no product is 100% foolproof under all circumstances. Patient safety requires regular reassessment and appropriate monitoring per your facility's policy. A product that worked successfully in the past may prove inappropriate as the patient's mental and 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

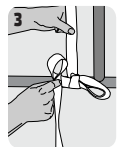
1. Wrap the attachment strap once around the movable part of the bed frame leaving at least an 8" tail. Fold the loose end in half to create a loop and cross it over the other end. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device.



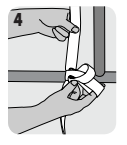
2. Insert the folded strap where the straps cross over each other, as if tying a shoe or making a tourniquet knot. Pull on the loop to tighten.



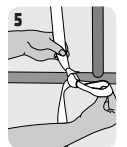
3. Fold the loose end in half to create a second loop.



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 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.