



APPLICATION INSTRUCTION SHEET POSEY® TWICE-AS-TOUGH CUFF

Applicable Products:
Cat. No. 2790, 2791

DESCRIPTION OF PRODUCT: Very secure, padded limb restraints with double hook & loop closure.

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.
- The patient who is emotionally disturbed and combative, who strikes and endangers himself and/or others.

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.

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.

SAFETY CONSIDERATIONS:

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:

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



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.

ADDITIONAL SAFETY INSTRUCTIONS ON OTHER SIDE



Fig. A

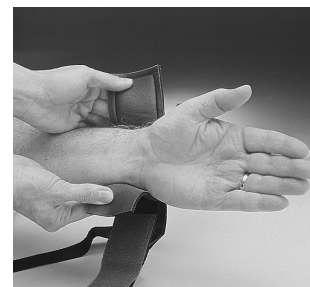


Fig. B



Fig. C

APPLICATION INSTRUCTIONS

The color of the cuff liner designates "wrist" or "ankle" application— blue cuffs are "wrist" and red cuffs are "ankle".

TO ATTACH CONNECTING STRAP(S)

2790 Wrist Cuffs, color coded-Blue:

- 1) Position the patient on the bed or stretcher.
- 2) Angle the lower connecting wrist strap toward the foot of the bed or stretcher and loop it around the moveable portion of the frame.
- 3) Secure the strap to the frame by pulling the strap through both D-rings and then passing the strap back between the first and second D-ring, or attach with a quick-release knot (Figure A).
- 4) Angle the remaining connecting strap towards the head of the bed or stretcher and loop it around the moveable portion of the frame.
- 5) Repeat Step 3.

Note: To most effectively limit the range of motion of the wrist and arm, as well as to prevent self-release, the attachment points of the connecting straps for the 2790 Wrist Cuff should be at least 2 to 3 feet apart, out of the patient's reach. Additionally, the connecting straps should be secured at a juncture of the frame so that the straps will not slide or change position.

2791 Ankle Cuffs, color coded-Red:

- 1) Position the patient on the bed or stretcher
- 2) Loop the single connecting strap around a moveable portion of the frame.
- 3) Secure the strap to the frame by pulling the strap through both D-rings and then passing the strap back between the first and second D-ring, or attach with a quick-release knot (Figure A).

Note: To most effectively limit the range of motion of the legs (Figure C).

- 1) Attach the cuff that is secured to the bottom right corner of the bed or gurney to the left ankle.
- 2) The cuff attached to the bottom left corner of the bed or gurney should be attached to the right ankle, after " criss-crossing " the straps.
- 3) Adjust connecting straps as necessary.

TO APPLY CUFF:

- 1) Position the cuff underneath the limb with the connecting straps



Fig. A

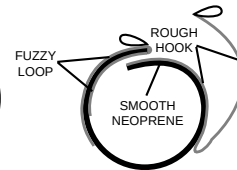


Fig. B



Fig. C

extending away from the patient.

- 2) Wrap the smooth neoprene piece (blue or red side against the skin) around the wrist/ankle. See Figure B for steps 2 and 3.
- 3) Sandwich the neoprene piece with fuzzy material between the two pieces of rough hook. (See figure B.) Be sure to overlap at least one inch. Press the hook and loop material together firmly.
- 4) Pass the end of the short strap over the top of the cuff and through the two square rings on the cuff. Bring the strap back over the first ring and through the second ring (see Fig. A).
- 5) Readjust the connecting strap to the desired length, if necessary.

NOTE: When completed, you should be able to insert one finger between the device and the wrist/ankle. Always secure both hands to prevent the patient from releasing him/herself.

Cuff liner is made of neoprene. Straps are polypropylene and nylon.

Cat. No. 2790 Wrist, pair; double strap (color coded – blue)

Cat. No. 2791 Ankle, pair; single strap- (color coded – red)

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



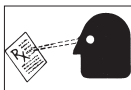
Safety Information for the Use of Posey Torso and Limb Restrictive Products



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).



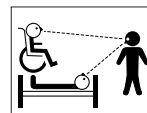
#9 Monitor to make sure the patient is not able to slide down, or fall off a chair seat.

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.



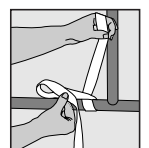
#14 Do not use Posey products on toilets, or on any type of furniture which does not allow application as directed in the product application sheet.

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.

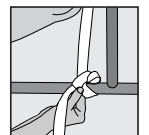
Just as patient behavior is not 100% predictable, no product is 100% fool-proof under all circumstances. A restraint is not a substitute for good nursing care. Patient safety requires regular reassessment and appropriate monitoring per your facility's policy. A product that worked successfully in the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

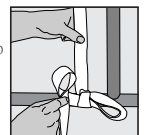
1. Wrap the attachment strap once around the movable part of the bed frame leaving at least an 8" tail. Fold the loose end in half to create a loop and cross it over the other end. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device.



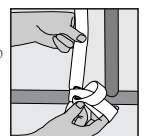
2. Insert the folded strap where the straps cross over each other, as if tying a shoe or making a tourniquet knot. Pull on the loop to tighten.



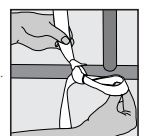
3. Fold the loose end in half to create a second loop.



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.