



# APPLICATION INSTRUCTION SHEET POSEY® SYNTHETIC LOCKING CUFFS

Applicable Products:  
Cat. No. 2900

**DESCRIPTION OF PRODUCT:** 2900: Biothane® locking restraint cuffs for wrist and ankle

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

**INDICATIONS:**

- These products are to be used on patients assessed as being in extreme danger of injury to themselves or to others.
- 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.
  - 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.

**ADDITIONAL SAFETY INSTRUCTIONS ON OTHER SIDE**

*We welcome your suggestions for improving our products or service:*



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**⚠ WARNING**

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. Always secure strap at a frame juncture which will not allow the straps to slide in any direction, changing the position of the product.

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.

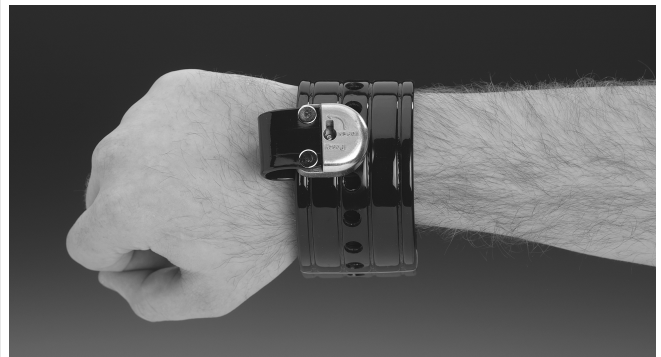
If this device is applied too tightly, circulation will be impaired; if too loose, the patient may be able to slip his/her limb from the device. Check circulation frequently and monitor for skin discoloration.

Check both cuffs and straps for excessive wear. Discard product if either the synthetic cuffs or the propylene straps are cracked, worn, torn. Injury to the patient or to others may result if this product is used when damaged or excessively worn.

**Cleaning and Maintenance:**

Sanitization of both synthetic leather and Biothane® (reduction of at least 99.998% of organisms) may best be achieved by entirely submerging the product in 70% isopropyl alcohol for 10 minutes. Be sure that the product is completely dry prior to application to a patient. As an alternative, phenol-free (carbolic acid-free) intermediate level disinfectants may be utilized. Follow the manufacturer guidelines for use and ensure that any residual disinfectant has been removed from the product prior to the application of the restraint to a patient.

Posey recommends that a dry-film lubricant (Teflon®) be utilized with our stainless steel locks. For best results, spray a small amount of the lubricant into the lock after cleaning. Work the action of the lock with the key several times to ensure that the all surfaces are exposed to the lubricant.



**Application Instructions:**

**2900: Biothane® Locking Cuffs**

1. Wrap the cuff around the patient's wrist/ankle and bring the metal post through the appropriate adjustment hole. You should be able to insert one finger between the device and the patient's limb.
2. Close the lock by securing to the metal post. Make sure that the lock "clicks" shut. If the lock is not completely closed it can suddenly pop open. Pull firmly on the lock to ensure that it is locked to the metal post.

**Note:** Restraint Cuffs should be snug enough to ensure that a patient cannot remove their extremity from the restraint, but should not be so snug as to compromise circulation.

3. Attach a connecting strap (#2351, sold separately) by looping through the u-bar on the cuff. Wrap strap around the juncture of the moveable portion of the bed frame. Ensure that the strap is wrapped around the frame at least once, before passing the end of the strap through the metal lock.
4. Pass the end of the strap through the metal lock and close. Pull firmly on the strap to verify that the lock is secure.

**Note:** If more than one-inch protrudes through the lock, ensure that the lock and strap are out of the patient's reach. Reposition if necessary. Excess strap protruding from the lock may allow the patient to grab the strap and exert significant pressure on the lock. This could damage the lock.

5. To open locks on Posey restraint products, insert the Posey Universal Key (Product # 1074) into lock and turn counter-clockwise.

**⚠ WARNING**

Be sure to make Posey Universal keys readily available to all staff members at all times. In the event of an emergency, it is difficult to cut the straps on this Posey product. Extreme caution must be used when using any type of padding with these cuffs. If the patient violently pulls against the padding it may compress, allowing the patient to free their extremity.

Posey Biothane® Restraint Cuffs:  
Cat. No. 2900: Locking Cuff  
Cat. No. 1074: Posey Universal Key



## 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).



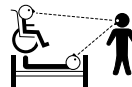
### #9 Monitor to make sure the patient is not able to slide down, or fall off the chair seat. If their body weight becomes suspended

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.



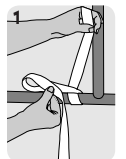
### #14 Do not use Posey products on toilets, or on any type of furniture which does not allow application as directed in the product application sheet. Posey

limb and torso restraints should NOT be used at home.

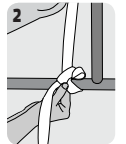
Just as patient behavior is not 100% predictable, no product is 100% foolproof under all circumstances. Patient safety requires regular reassessment and appropriate monitoring per your facility's policy. A product that worked successfully in the past may prove inappropriate as the patient's mental and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

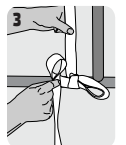
1. Wrap the attachment strap once around the movable part of the bed frame leaving at least an 8" tail. Fold the loose end in half to create a loop and cross it over the other end. Make sure straps are secured at a juncture of the frame and will not slide in any direction, changing position of device.



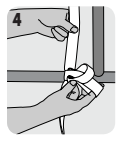
2. Insert the folded strap where the straps cross over each other, as if tying a shoe or making a tourniquet knot. Pull on the loop to tighten.



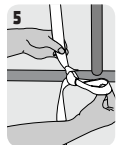
3. Fold the loose end in half to create a second loop.



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.