PURPOSE
To set parameters for the use of physical restraint and transport of the restrained.

AUTHORITY
California Health and Safety Code - Division 2.5: Emergency Medical Services [1797. - 1799.207.]
California Welfare and Institutions Code - Division 5: Community Mental Health Services [5150]

Physical Restraint and Transport
Physical restraint is to be used only when necessary:
1. When a patient is a danger to others, or to him or herself.
   a. Use the minimum restraint necessary to ensure safety.

2. When the patient is transported under California Code Section 5150:
   a. Use four-point wrist and ankle restraints.
      i. Take the original, completed, and signed 5150 form, if it is available. If it is not, a copy/facsimile of the
         original “shall be treated as the original” (WIC 5150(e)) for the purposes of this policy.
   b. Transport the patient as clinically indicated by REMSA Policy.
      i. Law enforcement may elect to meet the ambulance, follow in tandem, or ride in the patient compartment.
      ii. Law enforcement remains legally responsible for the patient during transport.

3. When the patient is transported under arrest.
   a. If restrained, but not handcuffed, law enforcement may follow the ambulance in tandem.
   b. If handcuffed, law enforcement must ride in the patient compartment of the ambulance.
      i. Do not allow handcuffing to the ambulance cot.

When wrist and/or ankle restraints are used:
1. Use only REMSA approved neoprene over nylon webbing with Velcro closure wrist and/or ankle restraints.

2. Distal circulation must be assessed at least every 15 minutes.

3. Restraint may not interfere with assessment or care of the patient.
   a. Transport the restrained patient on the ambulance cot in low to high Fowler’s position.
   b. Never restrain supine or prone.
      i. Clinically indicated mechanical spinal immobilization is an exception for supine restraint.
   c. Never restrain a patient on a spine board or lifting appliance to the ambulance cot.
      i. Restrain to the spine board or lifting appliance only.
   d. Never “hog-tie” or “backboard sandwich” a patient.