***Use of Restraints***

1. **An individual should never be restrained in a manner that**
2. Obstructs the individual airway, including the placement of anything in, on, or over the individual’s mouth or nose.
3. Impairs the individuals breathing by putting pressure on the individual’s torso.
4. Interferes with the individual’s ability to communicate.
5. **PLACING THE INDIVIDUAL IN A PRONE (face down) OR (SUPINE on their back) POSITION**.
6. Extending muscle groups away from each other.
7. Using hyperextension of joints; or
8. Using pressure points