



**AN MATEO COUNTY  
PROBATION DEPARTMENT  
INSTITUTIONS SERVICES MANUAL**

**ARTICLE 5  
Classification and Separation  
§1358**

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**Topic                    Use of Physical Restraints**

**Policy**                    This policy establishes guidelines for the application of, supervisory oversight of, and restrictions on the use of restraints on youth detained in these juvenile facilities (15 CCR 1358). It is the policy of this facility that the use of restraints should be reserved only for situations where they are reasonably necessary, and as outlined in policy. no case shall restraints be used as punishment.

Restraint devices include any devices which immobilize a youth's extremities and/or prevent the youth from being ambulatory. This policy does not apply to the use of handcuffs, shackles or other mechanical restraints used to restrain youth for movement or transportation within the facility.

The following apply to the use of restraints (15 CCR 1358):

1. Restraints shall only be applied by probation staff trained and authorized to use them, and in a manner consistent with their training.
2. Restraints used should be only those approved by the Department and should not have been altered from their original design.
3. Restraints shall be used only to prevent self-injury, injury to others, serious property damage or escape.
  - a. The danger to themselves or others should be immediate.
4. An Institution Services Manager/Officer of the Day (ISM/OD) shall be notified as soon as practicable when restraints are used, or before they are applied if time allows. An ISM/Should monitor the situation until the restraints are removed.
  - a. The Superintendent or the authorized designee in the Superintendent's absence (i.e., the ISM/OD shall be notified as soon as practicable when restraints are applied, or before they are applied if time allows.
  - b. The Superintendent or the authorized designee in the Superintendent's absence shall review, approve and document the use, and continued use, of any restraints hourly.
5. A medical opinion on the safety of placement and retention shall be secured as soon as

possible, but no later than two hours from the time of placement.

6. The youth shall be medically cleared for continued retention at least every three hours thereafter.
7. A mental health consultation shall be secured as soon as possible, but no longer than four hours from the time of placement, to assess the need for mental health treatment.
8. Continuous direct visual supervision shall be conducted to ensure that the restraints are properly employed, and to ensure the safety and well-being of the youth.
9. Observations of the youth's behavior and any staff interventions shall be documented at least every 15 minutes, with actual time of the documentation recorded. In addition to the requirements above, policies and procedures shall address:
  - a. documentation of the circumstances leading to an application of restraints.
  - b. known medical conditions that would contraindicate certain restraint devices and/or techniques.
  - c. acceptable restraint devices.
  - d. signs or symptoms which should result in immediate medical/mental health referral.
  - e. availability of cardiopulmonary resuscitation equipment.
  - f. While in restraint devices all youth shall be housed alone in a specified housing area for restrained youth which makes provision to protect the youth.
  - g. Provision for hydration and sanitation needs.
  - h. Exercising of extremities