

**DESCRIPTION OF PRODUCT:** Limb holder for limiting limb movement. For bed and stretcher use only.

**Rx ONLY**

### Indications for Use

- Patients assessed to be at risk of disrupting life-saving treatments (e.g., pulling tubes or lines) or in danger of injury to themselves or to others.
- Follow your hospital's restraint policies and procedures which are in compliance with CMS guidelines and state laws.

### Contraindications

Do not use this device with someone who has continued highly aggressive or combative behavior, self-destructive behavior, or deemed to be an immediate risk to others or to self.

### To Prepare Limb Holders

1. Feed the strap at the narrow end of the triangular cuff through the horizontal slot in the wide end of the cuff. Continue threading the strap through the loop located on the outside of the device (Fig. 1).
2. Thread the strap from the wide end of the cuff through the loop in the opposite direction (Fig. 2). For faster application, the restraint can be attached to the bed before placing on the patient's wrist/ankle.

### Application Instructions

Use method a. or b. below to attach straps to frame (repeat steps 1-6 on each side):

- 1a. Triangulation process; to restrict patient's range of motion: Separate the straps and attach at different points along the frame that moves with the patient (Fig. 1), out of the patient's reach, using quick-release ties (do not attach to side rail or head/footboard) (Fig. 2).
  - 1b. To increase patient's range of motion: Place the straps together and attach to a single point along a movable part of the frame, out of the patient's reach, using quick-release ties.
2. Wrap the limb holder cuff around the patient's wrist/ankle so the buckle and connecting strap is on the ulnar side of the wrist or lateral malleolus of the ankle (Fig. 3).
  3. Secure the hook-and-loop fastener. Slide ONE finger (flat) between the cuff and the inside of the patient's wrist to ensure proper fit (Fig. 4). The strap must be snug, but not compromise circulation.
  4. Close the quick-release buckle on the cuff. Insert ONE fingers (flat) under the buckle and pull the strap snug, but not so tight as to restrict circulation (Fig. 5).
  5. Release the quick-release buckle, twist buckle 180°, and reconnect (Fig 6). Listen for a "snapping" sound.
  6. Adjust the strap(s) to allow desired freedom of movement, without compromising patient or caregiver safety.

**To remove cuffs:** Unsnap quick-release buckles and release hook-and-loop fasteners.

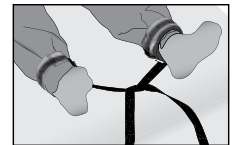


### Posey Limb Holders

**REF 2541** Double straps with tie ends and quick-release buckle on the cuff strap

#### To limit lower limb range of motion for legs:

1. Attach the cuff that is secured to the bottom right side of the frame to the left ankle.
2. Crisscross the straps and attach the cuff secured to the bottom left side of the frame to the right ankle.
3. Adjust connecting straps as necessary

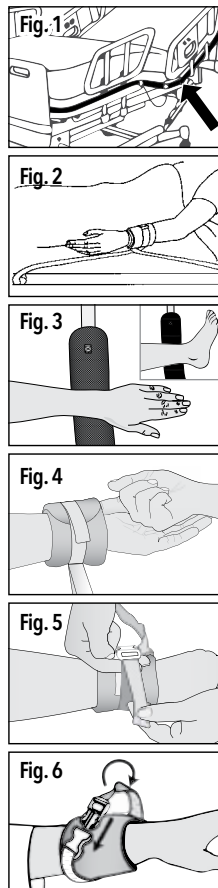


### Precautions

- Avoid using on a patient with a dislocation or fracture on the restrained limb, or if an IV or wound site could be compromised by the device.
- Check the patient regularly to ensure that circulation is not impaired. Serious injury may occur if the cuffs restricts circulation when the limb holder is applied.
- **WARNING** Before each use, check cuffs and straps for cracks, tears, and/or excessive wear or stretch, broken buckles or locks, and/or that hook-and-loop adheres securely as these may allow patient to remove cuff. Discard if device is damaged or if unable to lock.
- **WARNING** Additional or different body or limb restraints may be needed (See Posey Catalog):
  - » If the patient pulls violently against the bed straps.
  - » To reduce the risk of the patient getting access to the line/wound/tube site.
  - » To prevent the patient from flailing or bucking up and down and causing self-injury.

### Bed Safety

Refer to the Food and Drug Administration (FDA) for the most recent Hospital Bed Safety Guidelines as well as the Bed Manufacturer for their Instructions for Use.



**ADDITIONAL SAFETY AND LAUNDERING  
INSTRUCTIONS ON OTHER SIDE**



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**⚠ WARNING: ALWAYS Monitor patients per facility policy. Improper application or use of any restraint may result in serious injury or death.**

**RX ONLY. Federal law (USA) restricts this device to sale by or on order of a physician. For use in a licensed healthcare facility only.**

**STAFF TRAINING:** Posey offers training aids at no charge. Contact Posey online at [www.posey.com](http://www.posey.com) or call toll-free at 1.800.447.6739.

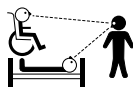
**BEFORE APPLYING ANY RESTRAINT:**

Follow your hospital's restraint policies and procedures which are in compliance with CMS guidelines and state laws.

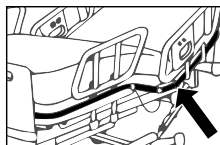
**⚠ ADDITIONAL WARNINGS:**

1. **ALWAYS monitor patient per facility policy. Be aware that constant monitoring may be required for:**

- Aggressive or agitated patients; and
- Patients in a supine position; ensure that being in this position would not cause any complications for those who are at risk of vomiting while being restrained.



2. **NEVER alter or repair this product. ALWAYS inspect before each use:** Check for broken stitches or parts; torn, cut or frayed material; or locks, buckles, or hook-and-loop fasteners that do not hold securely. DO NOT use soiled or damaged products. Doing so may result in serious injury or death. Dispose of damaged products per facility policy for BIOHAZARDOUS material.



3. **ALWAYS secure straps to a part of the frame that moves with the patient (not foot/head board or siderails, out of the patients reach, using quick-release ties (see drawing below) or buckles.** These allow easy release in the event of an accident or fire. Test to make sure straps cannot tighten, loosen, or slip and create excess slack. If this occurs, the patient may slide off the chair or bed, increasing the risk of serious injury or suffocation. Restraint release is an important part of facility fire and disaster drills. Straps can be cut with scissors in an emergency.

4. **NEVER secure restraint strap to side rail or head/foot board.**

5. **NEVER use Posey products on toilets, or on any chair or furniture that does not allow proper application as directed in the Application Instructions. DO NOT use at home.**



6. **NEVER expose this product to open flame, fire, smoking materials, or high heat sources.** Some products may melt or ignite and burn. The facility smoking/no smoking policy should be strictly enforced.

7. **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 or sudden stop.

8. Test Zippers or hook-and-loop fasteners before each use. DISCARD device if it does not fasten securely.

**LAUNDERING INSTRUCTIONS (if applicable):**

- Fasten all buckles and locks to reduce risk of damage during wash and dry cycles. DO NOT put buckles or locks through extractors. For maximum life, launder in a laundry bag.
- Before laundering, zip up and turn the product inside out to protect zipper.
- Hook-and-loop fasteners may collect lint after repeated use or laundering, reducing grip strength. Fasten the "hook" to the "loop" before laundering to help prevent lint buildup. As needed, use a stiff-bristle brush to remove lint from the "hook" side.
- These products, other than foam products, can be machine washed under CDC\* guidelines for material soiled with blood or bodily fluid.
- For non-contaminated material, use lower temperature wash and dry cycles to extend product life.
- For foam products:



**BIOETHANE:**

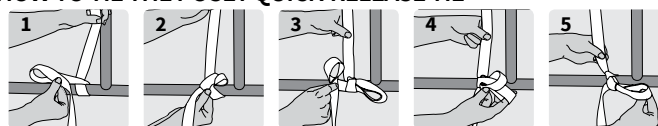
- Sanitize by submerging the entire product in 70% isopropyl alcohol for 10 minutes; or
- Apply an OSHA approved intermediate level disinfectant per manufacturer instructions. After cleaning, products MUST be rinsed with water to remove any residual chemicals.
- Make sure products are completely dry before use.
- Stainless Steel Locks: Posey recommends that locks be treated with a dry-film lubricant (silicone) after each cleaning. For best results, spray a small amount into the lock. Work the action of the lock with a key several times to ensure that all the surfaces are well lubricated.

**STORAGE AND HANDLING:**

- This device is designed for use in normal indoor environments.
- This device may be stored in ambient warehouse temperatures at normal humidity levels. Avoid excess moisture or high humidity that may damage product materials.

\*[www.cdc.gov](http://www.cdc.gov)

**HOW TO TIE THE POSEY QUICK-RELEASE TIE**



1. Wrap the strap once around a movable part of the bed frame leaving at least an 8" (20 cm) tail. Fold the loose end in half to create a loop and cross it over the other end.
2. Insert the folded strap where the straps cross over each other, as if tying a shoelace. 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. Test to make sure strap is secure and will not slide in any direction.
6. Repeat on other side. Practice quick-release ties to ensure the knot releases with one pull on the loose end of the strap.