

Rx ONLY

**DESCRIPTION OF PRODUCT:** Padded limb restraints with double security closure. For bed and stretcher use 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.

### Application Instructions

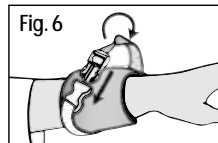
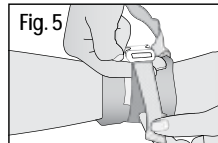
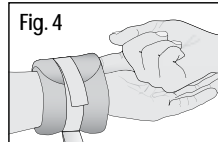
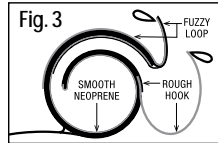
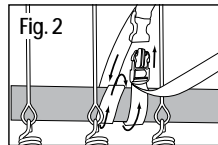
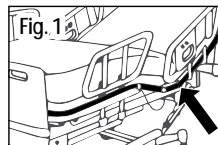
Follow these steps to apply device (repeat steps 1-2 for each side):

1. Attach the female end of the quick-release buckle (short strap) to the frame that moves with the patient (Fig. 1) (do not attach to side rail or head/footboard), out of the patient's reach. Secure by feeding the female end through the loop in the strap. You may also wrap the connecting strap once around the frame, to move the buckle out of the patient's reach (Fig. 2).
2. Insert the male end of the connecting strap into the female end of the short strap. Listen for a "snapping" sound. Pull firmly on straps to ensure a good connection.

### Applying the cuffs

(Repeat steps 1-5 for each side):

1. Wrap the neoprene piece around wrist/ankle so the buckle and connecting strap is on the ulnar side of the wrist or lateral malleolus of the ankle. Attach the black hook-and-loop pieces together and pull back the black pull tab on the blue or red fuzzy piece, followed by the blue or red hook-and-loop pieces. The fuzzy piece should be sandwiched between the two pieces of hook (Fig. 3). Be sure to overlap at least one inch (3cm).
2. Press the hook-and-loop closure together firmly and make sure it adheres securely. Slide ONE finger (fat) between the cuff and the inside of the patient's wrist/ankle to ensure proper fit.
3. Secure the quick-release buckle on the cuff. Slide ONE finger (fat) between the cuff and the inside of the patient's wrist/ankle 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 finger (fat) under the buckle and pull the strap snug, but not so tight as to restrict circulation (Fig. 5). Release the quick-release buckle, twist buckle 180°, and reconnect (Fig 6). Listen for a "snapping" sound.
5. Adjust the connecting strap(s) length from the frame to allow desired freedom of movement without compromising patient or caregiver safety. Ensure the remaining strap end(s) are secured and out of the reach of the patient.



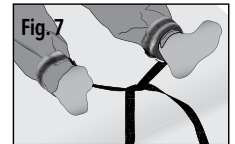
2789Q

### Posey Twice-As-Tough Cuffs

**REF 2789Q** Single Strap with Quick-Release Buckle, Regular/Blue Size

#### To limit lower limb range of motion for legs (Fig 7):

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 cuff 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 falling 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