

704 KAR 7:160.
**Use of physical restraint and
seclusion in public schools.**



Autism Society of the Bluegrass

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Physical Restraint

“means a personal restriction that immobilizes or reduces the ability of a student to move the student’s torso, arms, legs, or head freely...”



Does NOT Include

Temporary touching/holding

Hand, wrist, arm, shoulder, back

Purpose: move voluntarily to safe location

Behavioral Intervention

Less restrictive physical contact

Physical guidance or prompting

Teaching skill or redirecting attention



Chemical Restraint

**Use of medication to
control behavior or
restrict movement.**

Includes:

OTC off-label use

**Does not include prescription meds
used in accordance with professional
standards**



Mechanical Restraint

Use of any device or equipment to restrict a student's freedom of movement.

Does NOT include:

**Prescribed medical equipment
used as prescribed**

Positioning device

Vehicle safety restraint

**Orthopedically prescribed device
used as prescribed**



Policies/Procedures

Notice to personnel/parents

Training requirements

Procedural requirements

Notice

Documentation

Debriefing

Notice of injury to KDE and LE

Complaint procedure

Review/revise



Use of Physical Restraint

May NOT be used

punishment/discipline

force compliance/retaliation

sub for appropriate support

prevent property damage*

routine safety measure

convenience of staff



NEVER Imposed

Mechanical restraint

Chemical restraint

Aversive behavioral interventions

Life-threatening physical restraint

Prone or supine restraint

Physical if contraindicated



Implemented ONLY

Imminent danger of physical harm

KRS 503.050, 503.070, 503.110

Communication

**Physical/psychological wellbeing
monitored**

Less restrictive interventions first

Staff appropriately trained



Limitations

**Only amount of force necessary
protect from imminent harm**

**Must end as soon as
no threat or
medical condition**



Seclusion

May NOT be used

punishment/discipline

force compliance/retaliation

sub for appropriate support

prevent property damage*

routine safety measure

convenience for staff

substitute for time out



ONLY Implemented

Imminent danger of physical harm

Visual monitoring

Less restrictive interventions tried

Staff appropriately trained

Emergency



Must End

No longer imminent danger

Medical condition



Seclusion Setting

Free of objects and fixtures

Provide view of student all times

Adequate lighting and ventilation

Reviewed by district admin

Unlocked and unobstructed door

Annual fire and safety inspection



Documentation

All restraints and seclusions

Student name

Description of behavior

Date/Personnel involved

Beginning/ending times

Events/Precipitating factors

Behavior during

Techniques used

Other interactions



Documentation Cont.

All Injuries to anyone

How behavior = imminent danger

Date parent notified

Description of effectiveness in de-escalating

School personnel response

Planned PBIS used in future

Special ed referral, if not already

Complete by end of next school day



Notice

**Principal: ASAP, but no longer than
end of school day**

**Parents: ASAP within 24 hours
If parent cannot be reached
Written notice mailed**



Debriefing

Who

Implementer

2 staff in proximity

Parent

Student

Supervisory/Administrative

When

As soon as practicable

No more than 5 school days after

request



Debriefing Content

Events leading to R/S

Relevant information

Planning for prevention and reduction

Consideration of a referral

**Documentation used becomes part of
the student's record**



Training – All Staff

**Admin regs and district
policy and procedure**

PBIS – may be web-based



Training – Core Staff

Designated to respond

Preventing physical restraint

Risk assessment

Simulated experience

administering and receiving

Effects of restraint

Signs of physical distress

Documentation/notice requirements

Demonstration of proficiency



Data Reporting

Number of uses of physical restraint

Number of students restrained

Number of uses of seclusion

Number of instances of substantial risk to student

Number of instances of substantial risk to school personnel

Number of instances SRO/LEO involved



Enforcement

Request a copy of the incident report

Request a debriefing

District complaint procedure

Report with local law enforcement

Complaint with CPS

Ethics Complaint

Formal Complaint with KDE

File a civil suit



Citation

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