



PRINCIPALS OF HANDCUFFING

The primary principle of arrest control is to handcuff first and search later.

When it is time to handcuff, the primary principle of handcuffing is to control first, then handcuff.

The handcuffing style used in our program is geared to be as simple as possible. It is also the style used in advanced courses and used by a vast number of officers around the country. There are three rules to follow for successful application of handcuffs. By following these three rules, handcuffing will be easier to perform and flow better for you.

- 1) From behind the offender• s back, cuff the offender• s first hand with the same side hand. (Cuffs in the right hand, cuff offender• s right hand first).*
- 2) Cuff the offender• s hands on the thumb side of the wrist.*
- 3) Always cuff with the bottom cuff first. (The cuff next to your pinky finger).*

The procedure for handcuffing is simple and effective. By using the three rules, the movement patterns stay the same for all handcuffing techniques. This helps with memory retention and motor skill performance.

*In order to more easily remember the separate phases of the handcuffing process, the acronym **C.R.E.S.T.** is used.*

CREST stands for:

Control

Restrain

Evaluate

Search

Transport





BASIC HANDCUFFING MANUAL

PALM FORWARD METHOD

STRAIGHT WRIST TWISTLOCK



Maintain good tactical position, and use straight wrist twist lock to control the inmate.

C-STEP



1

C-STEP back with the foot closer to the inmate and face the inmate's side.



2

NEAR HAND - CUFFING



***Keeping Straight Arm Lock on,
Use your outside hand to apply the handcuffs.
Pinky side of the handcuffs, applied to the inmates'
thumb side of the wrist.***





BASIC HANDCUFFING MANUAL

STANDING A PRONE HANDCUFFED INMATE

ELBOW AND NECK CONTROL



1



2

From the inmates' right side.

Roll the subject onto his or her right side by supporting his neck with your right hand and grasping the left upper arm with your left hand.

SITTING POSITION



Place the right hand under the inmate's neck and assist to a sitting position

BRING ONE FOOT BACK



Tell the inmate to tuck his or her right/left foot between his or her legs.

