



## WAIST & ANKLE RESTRAINTS MANUAL

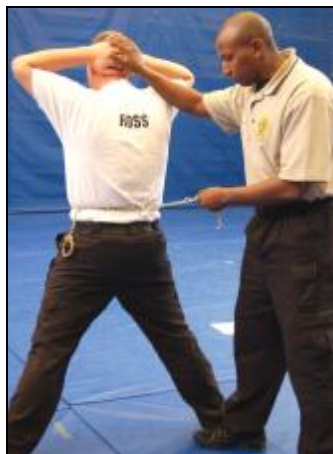
### RESTRAINTS PLACEMENT ON YOUR HAND



**4. Maintaining a good tactical position, using your shoulder to protect yourself.**

**Place the waist restraint around the inmate's waist. Be sure not to break the plane and use one arm in front of the inmate's body.**

### READY POSITION



**5. Insure the Waist Restraint is secure around the inmate's waist.**



**Move to the other side.**





**2. Place the restraint on the inmates near leg.**

**Note = Watch inmates hands and hips.**



**3. Place the restraint on the inmates' far leg.**

**Note = Watch inmates hands and hips.**





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### STANDING METHOD



**3. Getting into a low mobile balanced position place the first leg restraint on.**

***It usually only takes two or more clicks for proper tightness.***

***Evaluate and double lock the restraint.***

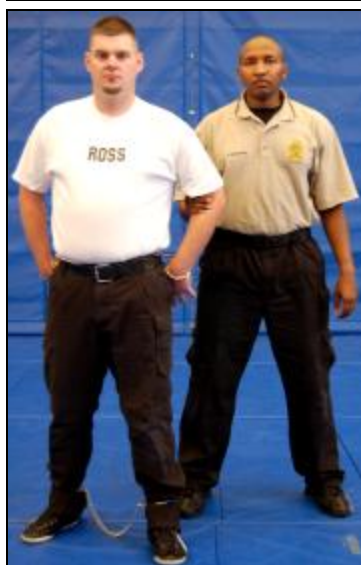


**4. Using low mobile position, transition to inmates other leg.**



**5. Place the restraint on the inmates other leg.**

***Note = Watch inmates hands and hips.***



**6. Always keep control of the inmate. The inmate is your responsibility.**

