

Vermont State Board Rule 4500
Restraint Program Application Training

Comment [reb1]:

Program Name:
Submitted By:
Date:

| Vermont Rule on Restraint and Seclusion | Restraint Training Program Alignment |
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| <p>Definition of Physical Restraint: Physical Restraint means the use of physical force to prevent an imminent and substantial risk of bodily harm to the student or others. Physical restraint does not include:</p> <ul style="list-style-type: none"> a. Momentary periods of physical restriction by direct person-to-person contact, accomplished with limited force and designed either <ul style="list-style-type: none"> i. to prevent a student from completing an act that would result in potential physical harm to himself/herself or another person; or ii. to remove a disruptive student who is unwilling to leave the area voluntarily; b. The minimum contact necessary to physically escort a student from one place to another; c. Hand-over-hand assistance with feeding or task completion; or d. Techniques prescribed by a qualified medical professional for reason of safety or for therapeutic or medical treatment. <p><i>Physical restraint is not used for compliance, as a teaching strategy, nor as a therapeutic intervention.</i></p> | |
| <p>Prone and supine physical restraints are more restrictive than other forms of physical restraint and may be used only when the student's size and severity of behavior require such a restraint because a less restrictive restraint has failed or would be ineffective to prevent harm to the student or others.</p> | |
| <p>a. Appropriate procedures for preventing the need for physical restraint, including the de-escalation of dangerous behavior, relationship-building, and the use of alternatives to physical restraint;</p> | |
| <p>b. Identification of dangerous behaviors that may</p> | |

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| indicate the need for physical restraint and methods for evaluating the risk of harm to determine if physical restraint is warranted; | |
| c. Simulated experience in administering and in receiving a variety of physical restraint techniques, across a range of increasingly restrictive interventions; | |
| d. Instruction regarding the effects of physical restraint on the person restrained, including monitoring physical signs of distress and how to obtain medical assistance; | |
| e. Instruction regarding investigation of injuries and complaints. | |

