



# Director of Forensic Disability

## PROCEDURE

**Title:** Regulated Behaviour Control:  
Use of Restraint (Mechanical)

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### **Purpose**

This procedure is issued by the Director of Forensic Disability in accordance with section 91 of the *Forensic Disability Act 2011* (the Act) and sets out the process for the use of:

- **Restraint (Mechanical)** within the Forensic Disability Service (FDS) as defined and regulated by the Act.

This procedure **must** be read in conjunction with the *Director of Forensic Disability Policy - Regulated Behaviour Control*.

### **Procedure**

#### **1. Restraint (Mechanical)**

Mechanical restraint is the use of a mechanical appliance approved by the Director of Forensic Disability preventing the free movement of the client's body or a limb of the client.

A surgical or medical appliance for the proper treatment of physical disease or injury is not mechanical restraint.

Mechanical restraint cannot be used at the FDS unless approved by the Director under section 55 of the Act.

If mechanical restraint is used, it will be used in a planned way as a last resort when other less restrictive practices have not been successful and there continues to be a risk to the safety of a person. This may include a planned approach to taking immediate control of a dangerous situation as a means to prevent harm to the client or others.

Risk assessment must be undertaken to determine probability and likely harm caused by behaviour as the decision to restrain a client is based upon achieving a balance between preventing physical and psychological harm to the person being restrained and maintaining a safe environment for clients, staff and others.

All risk assessments indicating the use of mechanical restraint must be reviewed by the Administrator.

The Administrator must notify the Director of Forensic Disability as soon as practicable if restraint is used.

### 1.1 Authorisation

Authorisation of the use of mechanical restraint can only be given by the Director of Forensic Disability.

A decision to authorise mechanical restraint must be based on a comprehensive risk assessment by a suitably qualified practitioner e.g. occupational therapist and/or psychologist. The assessment must demonstrate that less restrictive interventions have been considered and mechanical restraint is the only option in the present circumstances.

Mechanical restraint will only be authorised as a last resort and when all attempts to reduce the risk have been unsuccessful and a risk continues to the safety of the person.

In authorising a Senior Practitioner or Authorised Practitioner to use mechanical restraint, the Director of Forensic Disability must state the following information by written order:

- the type of restraint authorised to be used;
- the reason for the restraint;
- any restrictions on the circumstances for which the restraint may be applied;
- the maximum period or periods for which the restraint may be used (not longer than three hours after the order is made);
- the interval at which the client must be observed while the restraint is applied; and
- any special measures necessary to ensure the client's proper care while the restraint is applied.

### 1.2 Obligations of the Senior Practitioner and Authorised Practitioner

If the use of mechanical restraint is authorised by the Director of Forensic Disability, the Senior Practitioner or Authorised Practitioner **must**:

- use the mechanical restraint as authorised by the Director of Forensic Disability;
- ensure the reasonable needs of the client are met including:
  - sufficient bedding and clothing;
  - sufficient food and fluids;
  - access to toilet facilities.
- ensure a copy of the Director's written order is placed in the client's file;
- record the following details of the use of mechanical restraint in the client's file:
  - the type of restraint used;
  - if the Director's order states any restriction on the circumstances in which the restraint may be used – the circumstances in which the restraint was used;
  - the time the restraint was placed on the client and the time the restraint was removed from the client;
  - the person who placed the restraint on the client and who removed the restraint from the client;
  - the names of any other people present who witnessed the application of the restraint.
- enter full details of the episode on the register of the use of regulated behaviour controls.

### 1.3 Removal of restraint

A mechanical restraint will be removed if:

- a Senior Practitioner or Authorised Practitioner is satisfied the client can be safely cared for without the restraint before the period of authorisation ends; or
- the Director of Forensic Disability orders a Senior Practitioner or Authorised Practitioner to remove the restraint.

### 1.4 Safety considerations

Safety of the client must be considered at all times when applying and removing the mechanical restraint and while the client is in the confines of the mechanical restraint.

When implementing the use of a mechanical restraint no more force than is necessary and reasonable may be used.

A minimum of a three-monthly maintenance program must be scheduled on all mechanical restraints to ensure the safety and integrity for use.

Staff should only apply a mechanical restraint following training in the use and application of that restraint device.

### 1.5 Register of Regulated Behaviour Controls

All use of mechanical restraint must be recorded as soon as practicable on the “Register of the use of regulated behaviour controls”.

**Date of approval:** 09 January 2023

**Date of operation:** 01 February 2023

**Date to be reviewed:** 01 February 2026

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**Designation:** Director of Forensic Disability

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